

If You Go Down

拍數: 32 牆數: 4 級數: High Improver
編舞者: Carol Cotherman (USA) - June 2023
音樂: IF YOU GO DOWN (I'M GOIN' DOWN TOO) - Kelsea Ballerini



This dance was kept pretty basic so that dancers can think about the tags, restarts, & bridges that are required to stay with the phrasing of the music. Those things are what influenced me to level this dance as High Improver. Honestly, if you take time to get familiar with the song, you will be able to hear when those changes are required. See my tips below.

#32-count intro.

Vine with ¼ Turn, Scuff/Hitch, Vine, Touch

1-2 Step right to side, step left behind right,
3-4 ¼ Turn right stepping right forward, scuff left heel OR hitch left knee
5-6 Step left to side, step right behind left
7-8 Step left to side, touch right by left (3:00)

Vine with ¼ Turn, Scuff/Hitch, Vine, Touch

1-2 Step right to side, step left behind right
3-4 ¼ Turn right stepping right forward, scuff left heel OR hitch left knee
5-6 Step left to side, step right behind left
7-8 Step left to side, touch right by left (6:00)

Step, Touch, Back, Kick, Slow Coaster Step, Hold/Scuff

1-2 Step right forward, touch left behind right
3-4 Step left back, kick right forward
5-6 Step right back, step left back beside right
7-8 Step right forward, Hold OR Scuff left heel (6:00)

Step, Lock, Step, Hold/Scuff, Step, Touch, ¼ Turn, Touch

1-2 Step left forward, lock right behind left
3-4 Step left forward, Hold OR Scuff right heel
5-6 Step right forward, touch left behind right
7-8 Step left back starting ¼ turn right, finish ¼ turn touching right by left (9:00)

Repeat

Restarts:

Wall 4 after 8 counts, dance tag and restart facing 6:00.

Wall 8 after 8 counts. Restart facing 12:00.

TAG: 6-Count Tag: Occurs at the end of Wall 1 facing 9:00 and after 8 counts on Wall 4 facing 6:00

Step, Touch, Step, Touch, Rock Back, Recover

1-2 Step right to side, touch left by right
3-4 Step left to side, touch right by left
5-6 Rock right back, recover to left

*2-Count Bridge: After 24 counts on Walls 3, 6, & 10, insert the following steps and then continue with the dance. Bridge is danced facing 12:00, 9:00, & 3:00 respectively.

Run, Run

1-2 Step left forward, step right forward

*Tips for the bridge: The bridge is required every time the chorus is sung (Walls 3, 6, & 10).

The chorus begins with the words "Cause dirt on you is dirt on me..." The bridge occurs after count 24 (the coaster step). As soon as you hear Kelsea sing the words "end up on the news", insert the bridge and then continue on. NOTE: If you are choosing to dance the scuff on count 24, you need to omit it on the chorus in order to smoothly get into the bridge. Use the hold on count 24 on the chorus.

Ending: When the music ends, you'll be at count 20, the kick, facing 9:00. Just pivot $\frac{1}{4}$ right on your left foot and touch right by left facing 12:00.

*Yes, the dance goes out of phrasing on Wall 11. It would have required a 6-count bridge, so since it's so close to the end, just dance through it and enjoy the great song!
