

Go Down Deh

拍數: 48 牆數: 2 級數: Phrased High Beginner
編舞者: Linah Lunardi (INA) - August 2023
音樂: Go Down Deh (Remic Tiktok - 2021) - Spice feat. Shaggy and Sean Pau



Intro : 16 count

Sequence: A16 - B - A - B - A - B - TAG - A - B - A

Start with weight on L foot

PART A (32 Count)

(1-8) SIDE ROCK-RECOVER, SIDE-TOGETHER-SIDE. (2X)

12 Rock RF to R, Recover onto LF
3&4 Step RF to R, Close LF next to RF, Step RF to R
5 6 Rock LF to L, Recover onto RF
7&8 Step LF to L, Close RF next to LF, Step LF to L

(9-16) SYNCOPATED VAUDEVIL E, JAZZBOX 1/2 TURN R

1&2& Cross RF over LF, Step LF diagonally back L, Touch R heel diagonal R, Step RF to R
3&4& Cross LF over RF, Step RF diagonally back R, Touch L heel diagonal L, Step LF to L
5-8 Cross RF over LF, Turn 1/4 R stepping LF back, Turn 1/4 R stepping RF to R, CloseLFnext to RF.

(17-24) CROSS POINT, SIDE POINT, BOTAFOGO. (2X)

12 Point RF cross over LF, Point RF to R
3&4 Cross RF over LF, Rock L ball to L, Recover onto RF
5 6 Point LF cross over RF, Point LF to L
7&8 Cross LF over RF, Rock R ball to R, Recover onto LF

(25-32) FORWARD ROCK, SHUFFLE BACK, BACK ROCK, SHUFFLE FORWARD,

12 Rock RF forward, Recover onto LF.
3&4 Step RF back, Close LF next to RF, Step RF back
5 6 Rock LF back, Recover onto RF.
7&8 Step LF forward, Close RF next to LF, Step LF forward

PART B (16 Count)

(1-8) OUT OUT IN IN, CENTRE HIP ROL

1-4 Step RF diagonally forward R, Step LF diagonally forward L, Step RF back to center, CloseLF next to RF
5-8 Roll your hip down four times untill your knees slightly bending

(9-16) REPEAT 1-8

TAG (4 count): OUT OUT IN IN

1-4 Step RF diagonally forward R, Step LF diagonally forward L, Step RF back to center, CloseLF next to RF

MODIFIED ENDING :

Do 30 count of Part A. On count 31-32 do PIVOT 1/2 R and pose. Get your groove on and enjoy the dance!

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