

I'm Going Down

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Nathalie Toupin (CAN) & Ashley Pelletier (CAN) - August 2024
音樂: Mayday - Casey Barnes



INTRO: 16 counts

Restarts: 2

***1st restart wall 2 facing 3 o'clock after 16 counts**

***2nd restart: wall 4 facing 6 o'clock after 16 counts**

[1-8] CROSS, STEP, CROSS SHUFFLE, SIDE ROCK, CROSS, UNWIND ½ TURN

1-2 Cross RF in front of left, LF to left,
3&4 Cross RF in front of left, LF to left, cross RF in front of left
5-6 Rock LF left, recover on right
7-8 Cross LF over right, unwind ½ turn to the right put weight on LF

[9-16] STEP, KICK, STEP, HOOK, OUT, OUT, HOLD, HEEL BOUNCE (OR SWAY)

1-2 RF fwd, Kick LF fwd
3-4 LF back, hook RF in front
&5-6 Step RF out to right, step LF out to left, hold
&7&8 Lift heels off the floor, lower heels down, lift heels off the floor, lower heels down shifting weight onto left

(Optional) Sway Hips right to left shifting weight onto left

*****RESTART HERE on wall 2 facing 3'oclock*****

*****RESTART HERE on wall 4 facing 6'oclock*****

[17-24] SIDE, BEHIND, SIDE, HEEL, BALL, CROSS, HINGE ½ TURN, STOMP, KICK ¼ TURN

1-2 RF right, cross LF behind right
&3&4 RF right, Left Heel fwd diagonal, recover ball of LF, cross RF in front of left
5-6 LF left, 1/2 hinge turn right by stepping to R with RF
7-8 Stomp LF next to right while going down, Kick ¼ turn left with LF while moving body up

[25-32] ROCK BACK X2, ½ TURN 2X

1-2 Rock LF back, recover on RF
&3-4 Ball of LF next to right, rock RF back, recover on left
5-6 Step RF fwd, pivot ½ turn L transferring weight onto L
7-8 Step RF fwd, pivot ½ turn L transferring weight onto L

Last Update: 8 Jan 2025