

# Down with the Sickness

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Aurora Otto (USA) & Cameron Otto (USA) - February 2025  
音樂: Down with the Sickness (Clean Version) - Disturbed



One restart wall 4 after 8 cts facing 3 o clock

Dance starts at 0:54 seconds in on the lyrics

**S1: BALL STEP WALK, WALK WALK, 1/4 SIDE ROCK AND CROSS, STEP RIGHT DRAG LEFT, CROSS LEFT BEHIND RIGHT, STEP**

&1, 2, 3-      Ball L walk R ,walk L, walk R  
4 & 5-      1/4 turn right stepping L to left side rock, recover R, cross L over R (facing 3 o clock )  
6, 7, 8-      big step R to right dragging L to right, cross L behind R, step R to right

**\*\*\*RESTART HERE ON WALL 4 AFTER 8 CTS FACING 3 OCLOCK WALL**

**S2: ROCK RECOVER, 1/4 RIGHT BACK CROSS BACK, BACK CROSS BACK, COASTER STEP**

1, 2-      Cross rock L over Right, Recover R  
3 & 4-      1/4 Right with a back traveling box step- step back L, cross right over left, step back L  
5 & 6-      step back right, cross left over R, step back R  
7 & 8-      Left coaster, back L, back right together, forward L

**S3: WALK WALK WALK, 1/4 SIDE ROCK AND CROSS, STEP RIGHT AND DRAG LEFT, CROSS LEFT BEHIND RIGHT, STEP**

1,2,3-      walk R, walk L, walk R  
4 & 5-      1/4 turn right stepping L to left side rock, recover R, cross L over R  
6, 7, 8-      big step R to right dragging L to right, cross L behind R, step R to right

**S4: ROCK RECOVER, CHASSE LEFT RIGHT LEFT, POINT, POINT, SAILOR 1/2 TURN**

1, 2-      Cross rock L over Right, Recover R  
3 & 4 -      Chasse step L, step R together step L  
5, 6-      Cross point right over left point to left, point right back to right side  
7 & 8-      1/2 turn sailor over right shoulder right behind left, step L, step R forward

Please reach out if you have any questions  
[Auroraneri243@gmail.com](mailto:Auroraneri243@gmail.com)

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