# Goin' Down

級數: Intermediate



**拍數:** 32

編舞者: Simon Ward (AUS)

音樂: Down By The Lazy River - The Osmond Brothers

牆數: 2

1-2&3	Step right forward, shuffle very slightly forward bending knees slightly left, right, left
4-5&6	Step right forward, shuffle very slightly forward bending knees slightly left, right, left
7-8	Step right forward, pivot 1/2 turn left taking weight onto left foot

- 1-2 Step right forward, pivot ¼ turn taking weight onto left
- 3-4 Cross/step right over left, step left to left side turning ½ turn right
- 5-6 Complete <sup>1</sup>/<sub>2</sub> turn right by stepping right to right side and place right arm at 45 degrees left, place right arm at 45 degrees right

7-8 Point right arm to right, do like a "come here" motion right hand and raise right leg Arm movements are meant to go in time to music, basically bringing right arm from left to right

- 1-2 Cross/step right over left, step left to left side
- 3&4 Touch right toe slightly to right, step ball of right down beside left, cross/step left over right
- 5-6 Step right to right side turning ¼ turn left, step left back turning ¼ turn left
- 7-8 Cross/rock right over left, replace weight onto left
- 1-2 Step right to right, turn a full turn right on ball of right foot
- 3-4 Touch left to left side, hold
- &5-6 Step left beside right, touch right to right side, raise right knee across left
- 7-8 Touch right to right side, pivot ¼ turn right slightly bending right knee leaving right foot in place begin again

## REPEAT

## TAG

## At the end of wall 3 you will add 4 counts:

- 1-2 Step right forward, step left slightly to left (feet apart)
- 3 Put your hands behind your head
- 4 Do a pelvic push

## RESTART

At the end of the 5th wall you will restart after count 12 (though you will not do the  $\frac{1}{2}$  turn right, replace with  $\frac{1}{4}$  turn right)