

Falling Down

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Terry Hogan (AUS)
音樂: All Fall Down - Bekka Bramlett



Sequence: 48, 48, 15, 48, 48, 15, 48, 48, ?, 18

LEFT CROSS TWINKLE, RIGHT CROSS, SIDE LEFT ½ RIGHT, FORWARD RIGHT

1-2-3 Step left across right and toward right diagonal, rock-step side right, replace weight onto left
4-5-6 Step right across left, step side left and make ½ turn right, step slightly forward right

FORWARD LEFT, FORWARD RIGHT, FORWARD LEFT, ½ RIGHT, FORWARD LEFT, FORWARD RIGHT

1-2-3 Step forward left, right, left
4-5-6 Make ½ pivot turn right onto right, step forward left, right

FORWARD LEFT WALTZ BASIC, BACK RIGHT WALTZ BASIC

1-2-3 Step left forward, step right beside left, step left in place
4-5-6 Step right backward, step left beside right, step right in place

FORWARD LEFT, FORWARD RIGHT, ½ LEFT, FORWARD RIGHT, FULL TURN LEFT

1-2-3 Step forward left, right, make ½ pivot turn left onto left
4 Long step forward right
5-6 Leaving weight on right foot and keeping left toe on (or close to) the floor for balance, make a full turn left using both counts

You could step in place left, right, as an easy option if balance is a problem, or take the turn out completely and make it a basic waltz step forward

SIDE LEFT, RIGHT CROSS ROCK, REPLACE LEFT, ¼ RIGHT FORWARD RIGHT, ROCK FORWARD LEFT, REPLACE RIGHT

1-2-3 Step side left, cross-rock right over left, replace weight onto left
4-5-6 Make ¼ turn right and step right forward, rock-step left forward, replace weight back onto right

½ LEFT FORWARD LEFT, ½ LEFT BACK RIGHT, ½ LEFT FORWARD LEFT, FORWARD RIGHT, ½ LEFT, FORWARD RIGHT

1-2-3 Make ½ turn left and step left forward, make ½ turn left and step right backward, make ½ turn left and step left forward
4-5-6 Step forward right, make ½ pivot turn left onto left, step forward right

FORWARD LEFT, ROCK FORWARD RIGHT, REPLACE LEFT, BACK RIGHT WALTZ BASIC

1-2-3 Step forward left, rock-step right forward, replace weight backward onto left
4-5-6 Long step backward right, step left beside right, step right in place

BACK LEFT, BACK RIGHT, ¼L ROCK SIDE LEFT, REPLACE SIDE RIGHT ½ RIGHT, SIDE LEFT ½ RIGHT, SIDE RIGHT

1-2-3 Step backward left, right, make ¼ turn left and side rock-step left
4-5-6 Rock-replace side right and make ½ turn right, step side left and make ½ turn right, step side right

REPEAT

TAG

After 2nd & 4th pattern, both times facing the front wall, there is a 15 count section to be added - except for

the last 4 counts it is the same as the normal pattern

LEFT CROSS TWINKLE, RIGHT CROSS, SIDE LEFT ½ RIGHT, FORWARD RIGHT

1-2-3 Step left across right and toward right diagonal, rock-step side right, replace weight onto left

4-5-6 Step right across left, step side left and make ½ turn right, step slightly forward right

FORWARD LEFT, FORWARD RIGHT, FORWARD LEFT, ½ RIGHT, FORWARD LEFT, TOUCH RIGHT

1-2-3 Step forward left, right, left

4-5-6 Make ½ pivot turn right onto right, step forward left, touch right toe beside left

¼ RIGHT SIDE RIGHT, ½ RIGHT BACK LEFT, ¼ RIGHT SIDE RIGHT (ROLLING TURN)

1-2-3 Step side right and make ¼ turn right, make ½ turn right and step left backward, make ¼ turn right and step side right

EXTRA TAG

On the 7th pattern (starting facing front) the song slows as you complete count 24 (the turn). You need to hold for approximately 2 counts and take the next step on the word "can't" as she sings "cause you can't always keep your feet on the ground". Continue the pattern to the end, slowing slightly with tempo as you complete the turn section (counts 31-36)

You should start the next pattern (facing back wall) on the word "way" as she sings "we all learn the hard way". Keep dancing until you complete count 27 (you will be slowing down again to match tempo at this stage) - slide right beside left and wait for the lyrics

TO FINISH

Take a long step/slide to the right side on the right on the word "all", drag left toe to touch beside right and hold for 2 counts. Take a long step/slide to the left side on the left on the word "fall", drag right toe to touch beside left and hold for 2 counts. Step forward right, rock-step left forward, replace weight back onto right, step left backward, step right backward, touch left toe beside right (trying to keep the same tempo as the side steps). Wait 3 counts after the piano starts and restart from count 1 (you should be facing front). Dance up to count 16, then simply drag left toe back to finish
