

You Bring Me Down

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 4 級數: Intermediate Waltz
編舞者: Maggie Gallagher (UK) - November 2008
音樂: You Bring me Down - Leona Lewis



Intro : 48 counts (15 sec) Start on Vocals (Total Song Duration 3m 54s) (CW Direction)

S1: SWAY R, HOLDS, SWAY L, HOLDS, WEAVE LEFT, HOLDS

1,2,3 Sway to the right, HOLD, HOLD (12.00)
4,5,6 Sway to the left, HOLD, HOLD
1,2,3 Cross right behind left, Step left to left side, Cross right over left
4,5,6 Step left to left side, HOLD, HOLD

S2: SWAY R, HOLDS, SWAY L, HOLDS, WEAVE LEFT, DRAG RIGHT

1,2,3 Sway to the right, HOLD, HOLD
4,5,6 Sway to the left, HOLD, HOLD
1,2,3 Cross right behind left, Step left to left side, Cross right over left
4-5,6 Step left to left side, Drag right to meet left

S3: 1/4 RIGHT, LEFT HITCH WITH 3/4 TURN RIGHT, BACK LEFT, RIGHT KICK RONDE, RIGHT SAILOR, BACK LEFT, RIGHT RONDE

1,2,3 Make 1/4 turn to right stepping forward on right, Hitch left knee whilst starting to make a 3/4 turn right, complete the turn ready to step back on the left (12.00)
4,5,6 Step back on the left, Ronde right with a slight sideways kick, Continue ronde bringing right behind left
1,2,3 Cross right behind left, Step left to left side, Step right to right side
4-5,6 Step back on left, Ronde sweep right behind left

S4: SAILOR RIGHT, BACK LEFT, RIGHT RONDE, BACK RIGHT, DRAG, BACK LEFT, DRAG

1,2,3 Cross right behind left, Step left to left side, Step right to right side
4-5,6 Step back on left, Ronde sweep right behind left
1-2,3 Walk back on right, Drag left to meet right
4-5,6 Walk back on left, Drag right to meet left

S5: BACK RIGHT, HOLDS, FORWARD LEFT, HOLDS, FULL TURN LEFT, STEP, STEP, HOLDS

1,2,3 Step back on right leaning back and looking back , HOLD, HOLD
4,5,6 Step forward on left, HOLD, HOLD
1,2,3 1/2 turn left stepping back on right, 1/2 turn left stepping forward on left, Step forward on right
4,5,6 Step forward on left, HOLD, HOLD (12.00)

S6: 1/4 RIGHT SWAY, HOLDS, SWAY LEFT, HOLDS, RIGHT TWINKLE, LEFT CROSS, HOLDS

1,2,3 1/4 turn right swaying right, HOLD, HOLD (3.00)
4,5,6 Sway left, HOLD, HOLD
1,2,3 Cross right over left, Step left to left side on a right diagonal, Step right beside left
4,5,6 Cross left over right, HOLD, HOLD

S7: BACK RIGHT, DRAG, SIDE LEFT, DRAG, RIGHT TWINKLE, LEFT CROSS HOLDS

1-2,3 Step back on right, Drag left to meet right
4-5,6 Step left to left side, Drag right to meet left
1,2,3 Cross right over left, Step left to left side on a right diagonal, Step right beside left
4,5,6 Cross left over right, HOLD, HOLD (3.00)

S8: 1/4 RIGHT, HOLDS, 1/2 RIGHT, HOLDS, 1/4 RIGHT SIDE ROCK, RECOVER, CROSS, WIDE SIDE

LEFT, DRAG

1,2,3 1/4 turn right, HOLD, HOLD (6.00)

4,5,6 Make 1/2 turn to right stepping back on left, HOLD, HOLD (12.00)

1,2,3 1/4 turn right rocking to right side, Recover onto left side, Cross right over left (3.00)

4-5,6 Step wide step to left side, Drag right to meet left (3.00)

Repeat
