# GDFR (Goin Down For Real) 

Count: 96
Wand: 4

Ebene: Phrased Intermediate / Advanced

Choreograf/in: Brandi Gross (USA) - February 2015
Musik: GDFR (feat. Sage the Gemini \& Lookas) - Flo Rida : (Clean)

| Intro-32 counts after the singing begins (Begin when saxophone comes in) $\square$ Sequence: A-B-B-C-A-B-B-C-A-A-TAG-A-A |  |
| :---: | :---: |
| Section A: 32 counts |  |
| A[1-8] STEP, ROLL HIPS, KNEE POP, SIDE, CROSS, TURN $1 / 4 \mathrm{R}$, KNEE POP |  |
| 1-4 | Step |
| 5-8 | Step touch |

A[9-16] SIDE BODY ROLL, BALL, STEP, STEP, KNEE POP OUT, IN, PUSH L, STEP
1 - $4 \quad$ Step $R$ to $R$ and roll body to $R(1-2)$ Step ball of $L$ next to $R(\&)$ Step $R$ to $R(3)$, Step $L$ next to R (4)
5-8 Pop $R$ knee out to $R$ w/ $R$ elbow (5) Bring knee in (6) Putting weight onto $R$ lift $L$ ft and begin pushing to $L$ (7) Step onto $L$ (8)

A[17-24] CROSS, GLIDE (X2), STEP, $1 / 4$ L HEEL GRIND, RUN RUN RUN BACKWARDS
1-4 Cross $R$ over $L$ (1) push $L$ to $L$ ending w/ weight on $L$ (2) Cross $R$ over $L$ (\&) push $L$ to $L$ ending with weight on $L$ (3) Step $R \square \square$ next to $L$ (4)
Easy Option: Cross R over L (1), Step L to L (2), Cross R over L (\&), Step L to L (3), Step R next to L (4)
$5-8 \quad L$ heel grind to $L$ turning $1 / 4 L$ (5) Recover onto $R(6)$ Step $L$ back (7) Step $R$ back (\&) Step $L$ back (8) (12:00)

A[25-32] POINT, TOUCH, POINT, ROLL KNEE OVER TURNING ¼ R, COASTER, STEP, POP KNEES OUT, TOGETHER

| 1-4 | Touch R out to $R(1)$, Touch $R$ next to $L(2)$, Touch $R$ out to $R(3)$, Roll $R$ knee CW turnin R(4) (3:00) |
| :---: | :---: |
| 5-8 | Step R back (5), Step L next to R (\&), Step R fwd (6), Step L next to R (7), Pop both knees out to sides on balls of feet (\&), $\square \square$ Bring knees together and heels down (8) |

Section B: 32 counts
B[1-8] WIZARD, STEP, HEEL SWIVEL, BALL, CROSS, SIDE, BEHIND, SIDE, CROSS
1-4 Step R to $R$ diag (1), Lock $L$ behind $R(2)$, Step $R$ to $R$ diag (\&) Step $L$ next to $R$ (3), Lift heels up and to the $R(\&)$, Set heels $\square \square$ back down facing fwd (4)
\&5-8 Step ball of $L$ next to $R(\&)$, Cross $R$ over $L$ (5), Step $L$ to $L$ (6), Step $R$ behind $L$ (7), Step $L$ to L (\&), Cross R over L (8)

B[9-16] STEP, HEEL SWIVELS, SLIDE L TOE, SLIDE R TOE, SAILOR
1-4 Step $L$ to $L$ (1), Swivel both heels to $L$ (2), Swivel both toes to $L$ (3), Swivel both heels to $L$ ending with weight on $R(4)$
Styling Option: Bump chest out-in-out
5-8 Slide $L$ toe to $L$ side (5), Step $L$ back while sliding $R$ to $R$ side (6), Step $R$ behind $L$ (7), Step $L$ next R (\&), Step R fwd (8)

B[17-24] ELONGATED WIZARD, TOUCH, CROSS HEEL, TURN ¼ R W/ HEEL TOUCH, COASTER
1-4 Step L to L diag (1), Hold (2), Lock R behind L (\&), Step L to L diag (3), Touch R next to L (4)
5-8 Touch $R$ heel over $L$ (5), Turn $1 / 4 R$ on $L$ ft \& touch $R$ heel fwd (6), Step $R$ back (7), Step $L$ next to $R(\&)$ Step R fwd (8) (3:00)

B[25-32] FWD ROCK, RECOVER, HOP BACK WITH KICK (X2), HOP KICK FWD, HOP KICK BACK, HOP ½ R FWD KICK, BALL, STEP
1-4 Rock L fwd (1), Recover onto R (2), Hop back on R kicking L forward (X2) (3,4)
$5-8 \& \quad$ Hop on $L \&$ kick $R$ fwd (5), Hop \& kick R back (6), Hop $1 / 2 R$ \& kick $R$ fwd (7), Step R ball next to $L$ (8), Step $L$ fwd (\&) (9:00)

Section C: 32 counts
C[1-8] FWD ROCK, RECOVER, HOP BACK WITH KICK, BIG STEP, HEEL SWIVEL IN
1-4 Rock fwd on R (1), Recover onto L (2), Hop back on R kicking L fwd (3), Take a big step back onto L (4)
5 - $8 \quad$ Swivel $R$ toe in (5), Swivel $R$ heel in (6), Swivel $R$ toe in (7), Swivel $R$ heel in putting weight onto R (8)

C[9-16] FWD ROCK, RECOVER, HOP BACK WITH KICK, BIG STEP, HEEL SWIVEL IN
1-4 Rock fwd on L (1), Recover onto R (2), Hop back on L kicking R fwd (3), Take a big step back onto R (4)
$5-8 \quad$ Swivel $L$ toe in (5), Swivel $L$ heel in (6), Swivel $L$ toe in (7), Swivel $L$ heel in (8)
C[17-24] STEP, TOUCH, STEP, TOUCH, STEP-TOGETHER-STEP WITH KNEE FAN, TOUCH
1-4 Step L to L (1), Touch R next to L (2), Step R to R (3), Touch L next to R (4)
5-8 Step $L$ to $L$ fanning knees out (5), Step $R$ next to $L w /$ knees in (6), Step $L$ to $L$ w/ knees out (7), Touch R next to L (8)

C[25-32] POINT, POINT, POINT, SWEEPING CROSS, UNWIND FULL TURN
1-4 Point $R$ to $R$ side (1), Point $L$ to $L$ side (2), Point $R$ to $R$ side (3), Sweep $R$ across $L$ (4)
5-8 Unwind a full turn ending with weight on $L$ (5-8)
TAG: SHORTY GEORGE, BODY ROLL UP WITH SNAP, HOLD, BACK, BACK, STEP ¼ L, TOUCH BEHIND WITH SNAP, HOLD (X4)
1-4 Step R fwd pushing knees to $R$ (1), Step $L$ fwd pushing knees to $L$ (2), Body roll up bringing $R$ next to $L$ and snap fingers (3), $\square \square$ Hold (4)
$5-8 \quad$ Step $R$ back (5), Turn $1 / 4 L$ stepping $L$ to $L$ side (6) Touch $R$ behind $L$ and snap fingers (7), Hold (8)
Repeat these 8 counts 3 more times for a total of 32 counts
One Tag, No Restarts
Enjoy!
Please do not alter this step sheet in any way.
Contact: Brandi Gross, bgross3@vt.edu
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