

# Down a Gear

**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Jason Olmsted (USA) - July 2025

**Music:** Life's Been Comin' Too Fast - Blake Shelton



**40 count intro, dance begins with lyrics**

**1 restart after 12 counts on wall 4**

**Counts 1-8: Hip swivels, Shuffle Steps x2**

1-4 R step forward, rock hips forward (1), Rock hips back (2), Rock hips forward (3), Rock hips back (4)

5&6, 7&8 R small step forward (5), L step together (&), R step forward (6), L step forward (7), R step together (&), L step forward (8)

**Counts 9-16: Rock steps x2, Rondé x3, 1/4 turn**

9-12 R step forward (9), Recover L (10), R step back (11), Recover L (12)

13-16 Shift weight to R and sweep L out and behind (13), Sweep R out and behind (14), Sweep L out and behind (15), 1/4 turn L (16)

**Counts 17-24: Kickball change x2, step pivot, kickball change**

17&18, 19&20 R kick forward (17), R step in place (&), L step in place (18), R kick forward (19), R step in place (&), L step in place (20)

21, 22, 23&24 R step forward (21), 1/2 turn over L shoulder (22), R kick forward (23), R step in place (&), L step in place (24)

**Counts 25-32: Rocking chair, Step pivot x2**

25-28 R step forward (25), Recover L (26), R step back (27), Recover L (28)

29-32 R step forward (29), 1/2 turn over L shoulder (30), R step forward (31), 1/2 turn over L shoulder (32)