Going Down for Real



Count: 32 Wall: 4 Level: Improver

Choreographer: Amy Christian (USA) - August 2025

Music: Gdfr (Workout Mix) - Power Music Workout

Intro: 16 counts. (no tags or restarts).

LEFT SAILOR STEP, RIGHT SAILOR STEP, 1/4 L SAILOR STEP, KICKBALL CHANGE,

1&2	Step L behind R, Step R slight out at a left diagonal, Step L out,
3&4	Step R behind L, Step L sightly at a right diagonal, Step R out,

Step L behind R, ¼ turn left stepping R out to right side, Step L out, [9:00]

7&8 Kick R forward, Step back on the ball of R, Step forward on L,

FORWARD DOUBLE BUMPS X 2, HEEL SWITCHES X 2, BIG SIDE STEP, TOGETHER,

1&2	Step R forward at the right diagonal as you double bump hips R-L-R,
3&4	Step L forward at the left diagonal as you double bump hips L-R-L,

5& Place R heel forward, Step R back next to L,6& Place L heel forward, Step L back next to R,

7-8 Take a big step to the right on R foot - as you drag L towards R, Step L next to R,

SWIVEL TO THE RIGHT HEELS-TOES-HEELS-TOES, SYNCAPATED SIDE ROCKS,

1-4 Look right as you move to the right side by Swiveling both Heels out, Toes in, Heels out,

Toes in, (Easier option – Twist Heels-Toes-Heels-Toes moving to the right),

5-6& Rock L out to left side, Recover out on R, Step L next to R,

7-8 Rock R out to right side, Recover out on L,

1/2 JAZZ BOX, STOMP R FORWARD, KICK & SWITCH & SWITCH,

1-4 Step R across L, ¼ turn right-back on L, ¼ turn right-forward on R, Step L slightly forward,

[3:00],

5 Stomp R forward,

Kick L forward & low (toes pointing to the floor), Step L next to R,
Touch R out to right side, Replace R next to L, Touch L out to left side,

Start over!

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