All The Way Down



拍数: 32 编数: 2 级数: High Intermediate

编舞者: Ria Vos (NL) - April 2015

音乐: Walk - Kwabs : (Album: Love + War)



Intro: 18 Counts (±17 sec.)

S1: Diagonal Lock Step Fwd, Diagonal Step Fwd, Lock Behind with Hitch, Behind-Side, 1/8 R Rocking Chair, Step ½ R, Walk Around 3/8 R with Sweep

1&2 Step R Fwd to R Diagonal, Lock L Behind R, Step R fwd to R Diagonal &3 Step L Fwd to L Diagonal, Lock R Behind L Hitching L Up and Around

4& Step L Behind R, Step R to R Side

5&6& Turn 1/8 R Rock Fwd on L, Recover on R, Rock Back on L, Recover on R (1:30)

7 Step Fwd on L and Turn ½ R with weight on L (7:30)

Walk around 3/8 Turn R Steping R, L, R Sweeping L Around (12:00)

S2: Weave R, Sweep, Behind-Side, Cross & Cross & Cross Unwind ¾ L, & ½ L, Step Back

2&3 Cross L Over R, Step R to R Side, Step L Behind R Sweeping R Around

4&5 Step R Behind L, Step L to L Side, Cross R Over L

&6& Step L to L Side, Cross R Over L, Step L to L Side

7-8 Cross R Over L, Unwind ¾ Turn L (weight on L) (3:00)

&1 ½ Turn L Step Back on R, Step Back on L (9:00)

Note: when he sings 'All the Way Down', dip down on the R cross steps (count 5-6-7)

S3: Run Back x2, Rock Back, Mambo ½ R with Sweep, Cross, Back, ¼ L, Cross Rock

2& 'Run' Small Steps Back R-L3& Rock Back on R, Recover on L

4&5 Rock Fwd on R, Recover on L, ½ Turn R Step Fwd on R Sweeping L (3:00)

6&7 Cross L Over R, Step Back on R, ¼ Turn L Step L to L Side (12:00)

8& Cross Rock R Over L, Recover on L

S4: Side, Touch, ¼ L Touch, Point, Touch, Side/Drag, Rock Back, Vine ¼ L, Full Spiral L

1& Step R to R Side, Touch L Next to R

2& ¼ Turn L Step Fwd on L, Touch R Next to L (9:00)

3&4 Point R to R Side, Touch R Next to L, Step R Big Step to R Side Draggin L Towards R

5& Rock Back on L, Recover on R

6&7 Step L to L Side, Cross R Behind L, 1/4 Turn L Step Fwd on L (6:00)

8& Step Fwd on R Turning Full Spiral Turn L, Step Fwd L

Tag: After Wall 2 (12:00)

Step R Fwd to R Diagonal, Lock L Behind R, Step R fwd to R Diagonal
 Step L Fwd to L Diagonal, Lock R Behind L Hitching L Up and Around

4 Step Back on L Sweeping R Around

5&6 Step Back on R, Step R Next to L, Step Fwd on R

7&8 Step Fwd on L, Pivot ½ Turn R, ½ Turn R Step Back on L (option: Mambo Step)

Ending: Turn another ½ Turn L after the Full Turn L to end facing 12:00

Note: The beat will change on the 5th wall, just keep going it will fall into place again ;-)

Contact: dansenbijria@gmail.com