

Love Me Down

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased High Intermediate
编舞者: Fred Whitehouse (IRE) - February 2016
音乐: Love Me Down - Jason Derulo



Intro – 16 Counts - Sequence – A, B, B, A, Tag, A 16c, B, B, A, A, A, A

Section A - 32 counts

A1: Step sweep, mambo, heel grind back x2, sailor ¼ turn L

1,2, Step forward on R sweeping LF from back to front, step LF forward
3&4 Rock RF forward, recover weight onto L, step RF back
5,6 Step LF back grinding R heel, step RF back grinding L heel
7&8 Step LF behind R, step RF to R side, ¼ L stepping LF forward (9.00)

A2: C bump, shuffle, repeat

1&2 ¼ turn L hitching R knee up as you bump R hip, step RF to R side, bump hip to R as you pop LF knee
3&4 ¼ L stepping LF forward, close RF next to L, step LF forward (3.00)
5&6 ¼ turn L hitching R knee up as you bump R hip, step RF to R side, bump hip to R as you pop LF knee
7&8 ¼ L stepping LF forward, close RF next to L, step LF forward (9.00)

***Restart here* (During wall after the tag, you will finish facing 3.00)**

A3: Out, out, in, in, touch x2, hitch, boogie walks R,L,R ¼ turn R rock and cross

&1&2 Step RF out, step LF out, step RF in, step LF in
3&4 Touch RF to R side, touch RF next to L, hitch R knee up as you raise up on left toe
5&6 Run forward R,L,R (boogie walk)
7&8 Rock LF forward, make ¼ turn R recovering weight on RF, cross LF over R (12.00)

A4: Touch, twist, weave, touch, twist, weave ¼ turn

1&2 Touch RF to R side, twist R heel out, twist R heel in
3&4 Step RF behind L, step LF to L, cross RF over L
5&6 Touch LF to L side, twist L heel out, twist L heel in
7&8 Step LF behind R, ¼ turn R stepping RF forward, step LF forward (3.00)

SECTION B - 16 counts X2

B1: Walk x2, Rock and cross x2, weave

1,2, Walk forward R,L
3&4 Rock R to R side, recover, cross R over L
5&6 Rock L to L side, recover, cross L over R
&7&8 Step R to R side, step L behind R, step R to R side, cross L over R

B2: Out, out, hip dips x 2, triple ½ turn L, hip dips, close, touch

&1 Step R out to R, step L out to L side (shoulder width apart)
2,3 Push hips to R and down completing full circle clockwise x2 (bend knees on downward motion, these are fast) weight ends on RF
4&5 Step LF behind R, ¼ L stepping RF to R side, ¼ L stepping LF out to L (on the spot, ½ L)
6,7 Push hips to R and down completing full circle clockwise x2 (bend knees on downward motion, these are fast) weight ends on RF
&8 Close LF next to R, touch RF beside L

B3 + B4: * REPEAT 16 COUNTS *

TAG: 8 counts (Facing 6.00)

Step point snap x2, heel twists, click x2

1,2	Step RF forward, point LF to L side clicking both fingers in front
3,4	Step LF forward, point RF to R side clicking both fingers in front
&5&	Twist R heel out, twist R heel in, twist R heel out
6&7	Twist R heel in, Twist R heel out, twist R heel in
&8	Close RF next to L (click R finger, tilt head to R) step LF in place (click L finger, tilt head to L)

Hope you enjoy, please don't let the sequence put your off. - Happy dancing

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