Down for Your Lovin'



编舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - September 2019

音乐: Goodbye (feat. Nicki Minaj & Willy William) (R3HAB Remix) - Jason Derulo &

David Guetta



Intro - none, starts straight away

Sequence: A, B, B, C, C, A, B, B, Tag, C, C, A, B, C, C

Part A: 48 Counts

A1: Step R, cross rock, side rock, behind side cross, rock R, recover 1/4 turn L with flick

1 Step R to R diagonal

2&3& Cross rock L over R, recover on R, side rock L to L, recover on R

4&5 Step L behind R, step R to R side, Cross L over R

6-7 Rock R to R, recover on L making 1/4 turn L flick R (9.00)

A2: Mambo fwd, weave 1/2 turn R, kick & heel ball cross

8&1 Rock fwd R, recover on L, step back on R sweeping L

2&3 Step L behind R, step R to R, Step 1/8 R fwd L

4&5 Step R fwd, make 1/8 turn R step L to L, make 1/8 turn R step back R

6&7& Step L behind R, make 1/8 turn R step R to R, kick L over R, Step L to L side

8&1 R heel to R, close R next to L, cross L over R (3.00)

A3: Hold, out out ball cross shuffle, & together, body roll, behind, 1/8 turn L

2 Hold

&3&4&5 R out, L out, R in, cross L over R, R to R, cross L over R &6 R to R facing L diagonal, 1/8 turn L stepping L next to R (1.30)

7 Body roll

8& Step R back, make 1/8 turn L step L to L (12.00)

A4: Touch side touch side touch, boogie walk, rocking chair, 1/2 turn right

1&2& Touch R next to L, step R to R, touch L next to R, step L to L

3 Touch R next to L click fingers to sides

4&5 Boogie walk R, L, R

6&7& Rock fwd L, recover R, rock back L, recover R

8 Make 1/2 turn R stepping back on L

A5: (Pony step back, 1/4 turn L with shimmy or shoulder rolls) x2

1&2 Rock back R, recover on L, step back on R

3&4 Make 1/4 turn L step L to L shimmying/roll shoulders

5&6 Repeat 1&2 7&8 Repeat 3&4

A6: Pony step back, 1/4 turn L with attitude, R sailor step, hook L behind R, unwind 3/4 turn L

1&2 Rock back R, recover on L, step back on R

3&4 Make 1/4 turn L step L to L shimmying/roll shoulders

5&6 Step R behind L, step L to L, step R to R
7-8 Hook L behind R, unwind 3/4 turn L (12.00)

Part B:

B1: Right basic, 1/4 turn L waving, 1 ½ turn R, jazzbox 1/4 turn L, hold

1-2-3-4 Step R to R, hold, step L behind R, cross R over L
5-6 Make 1/4 turn L step fwd on L waving with R hand

7-8	1/2 turn R step fwd R, 1/2 turn R step back L,
1-2	1/2 turn R step fwd R sweeping LF, hold
3-4-5-6	Cross L over R, step back on R, ¼ turn L stepping L to L side, hold
Arm movement	
7-8	R arm to R closing fist, L arm to L closing fist
&1-2	Pull both arms in to body, throw arms up opening hands palms up, hold
3-4	Close palms as you pull arms half way to L sway R, pull arms down to R side sway L
Part C: 16 counts	
C1: Big step R, L together, out out, heel turn, R toes up down, step 3/4 pivot R, finger move	
1	Big step towards R diagonal on R
2&3	Step L next to R, R out, L out
&4&5	Twist R heel in, twist L heel out making ¼ turn R, R toe up push bum out, hold (3.00)
&6-7&	Close R next to L, step fwd L, pivot 3/4 turn R on R, step L to L right index finger up
8	e&a Right finger down L,R,L,R (zig zag movement, finished pointed at R foot)
	heel twist, ball side bodyroll, ball rock, hitch, cross & cross & cross 1/2 turn R
1&2	Pointing R finger on R foot looking down twist R heel out, in, out
&3-4	Step ball of R next to L, step L to L making a body roll (3-4 on diagonal R 1.30)
&5&6	Step ball of R next to L, rock L to L, recover on R hitching L (12.00), cross L over R
&7&8	Make 1/2 turn R stepping R to R, cross L over R, step R to R, cross L over R
Tag: 12 counts	
1-2	Pop R hand and chest x2 (R hand in height of head making L shape with R arm)
3-4	Pop L hand and chest x2 (L hand in height of head making L shape with L arm)
5-6	Raise R arm straight fwd bend at wrist fingers pointing down, (drop R arm) raise L arm straight fws bend at wrist fingers pointing down (drop L arm)
7-8	Raise R elbow to R side hand down, raise L elbow to L side hand down
&1-2	R foot step in, L foot step in looking down, Raise both hands like your under arrest
3&4&	Run around one full turn R keeping arms up R,L,R,L
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