

Down at the Lah De Dah

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Maria Tao (USA) - July 2022
音乐: Down at the Lah De Dah - Daniel O'Donnell



Intro: 16 counts

Note: 3 Restarts on WALL 4, WALL 9 and WALL 10

[S1] R DIAGONALLY SHUFFLE FWD, HOLD, L DIAGONALLY SHUFFLE FWD, HOLD

1-4 Step R diagonally forward to R (thrusting R hip forward), slide L up & step next to R, step R forward, hold

5-8 Step L diagonally forward to L (thrusting L hip forward), slice R up & step next to L, step L forward, hold

**** Styling Option: Push hands with palms down at waist height (Hula Hands) to R as you do the R shuffle forward, then to L as you do the L shuffle forward ****

[S2] CROSS, 1/4 TURN R, SIDE, TOUCH, 3/4 ARC TURN L WALK AROUND, BRUSH

1-4 Cross R over L, 1/4 turn R stepping L back, step R to R, touch L next to R [3:00]

5-8 3/4 arc turn L walk around stepping L-R-L, brush R forward [6:00]

*** Restart here on WALL 4 (facing 9:00) and WALL 9 (facing 3:00) ***

[S3] FWD, TAP, BACK, KICK, BACK ROCK, RECOVER, SIDE ROCK, RECOVER

1-4 Step R forward, tap L toe behind R, step L back, kick R forward

5-8 Rock R back, recover onto L, rock R to R, recover onto L

[S4] BEHIND, TOUCH, CROSS, BRUSH, JAZZ BOX 1/4 TURN R

1-4 Step R behind L, touch L to L, cross L over R, brush R forward

*** Restart here on WALL 10 (facing 9:00) ***

5-8 Cross R over L, 1/8 turn R stepping L back, 1/8 turn R stepping R to R, step L forward [9:00]

START AGAIN!

RESTARTS:-

On WALL 4 - dance up to count 16 - then restart the dance (facing 9:00)

On WALL 9 - dance up to count 16 - then restart the dance (facing 3:00)

On WALL 10 - dance up to count 28 - then restart the dance (facing 9:00)