# Down in the Valley



编舞者: Deborah O'Hara (CAN) - November 2023 音乐: Down in the Valley (Live) - Solomon Burke



#### **NO TAGS NO RESTARTS**

Start on c2 on word 'Down'

A big thank you to Elaine Cook, Jamie Marshall, Yovana Russell for being my feet in

the endeavor. As I choreographed from my wheelchair.

Motto: Music is my therapy. Dance is in my DNA Theme Song: NEVER GONNA NOT DANCE AGAIN

#### K STEP WITH FINGERS SNAPS

1-4 Step fwd R angle touch L to R instep, Step back L angle, touch R to L instep (snap fingers on

touch)

5-8 Step back R on angle, touch L to R instep, Step fwd L angle, touch R to L instep (snap

fingers on touch)

## OPEN R SWIVEL L HEEL TOE HEEL TO R FT. STEP TOUCH 2X

1-4 Step open R (shoulder width) Swivel L heel toe heel towards R foot, while shrugging

shoulders R,L,R,L

5-6 Step L. Dip as you touch R toe slightly across and front of L ft,

7-8 Step R, Dip as you touch L toe slightly across and front of R foot

## VINE 1/4 TURN L w/BRUSH, 2 STEP TOUCHES FWD AND BACK

1-4 Open L, step R behind L, Step L 1/4 L. Brush R toe fwd on right angle

5-8 Step R fwd on angle, touch L to R instep, Step L angle back, touch R to L instep (use a

dipping motion)

### STEP FWD, HOLD, BOUNCE 3/8 L. STEP ON ANGLE FWD SWAY HIPS

1-4 Step fwd R, hold, (note you arr already on angle from previous step) bounce heels 2x making

3/8 left (facing 6 o'clock)

(keep weight on L)

5-8 Take tiny Step R fwd on angle pushing hip fwd, push hips back, fwd, back (feet stay

grounded)

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youtube - Deborah O'Hara

Instagram - Dancing Debbie 1951