

Head Down

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Sue Widmer (CH) - March 2024
音乐: Head Down - Lost Frequencies & Bastille



Intro: 16 Counts, 7 secs. Into track he sings "I was burning" start dance on the Word "burning"

Sequence: A B CC AA B CC BB*

Part A – 32 Counts

[1-8] Walk R Fwd, Walk L Fwd, Lock Step R Fwd, Rock Fwd/Recover ½ Turn L, Full Turn L

- 1-2 Walk R forward, Walk L forward (12:00)
- 3&4 Step R forward, Lock L behind R, Step R forward (12:00)
- 5&6 Rock/step L forward, Recover weight on R, ½ Turn L Step L forward (06:00)
- 7-8 ½ Turn L Step R back, ½ Turn L Step L forward (Easy Option; Walk R Fwd, Walk L Fwd) (06:00)

[9-16] Dorothy Step R & L, Heel R, Hold, Ball(&), Step L fwd, Swivel Left

- 1-2& Step R to R diagonal, Lock L behind R, Step slightly forward on R (06:00)
- 3-4& Step L to L diagonal, Lock R behind L, Step slightly forward on L (06:00)
- 5-6& Dig R heel forward, Hold, Step ball of R beside L (06:00)
- 7&8 Step L forward, Swivel both heels to L, Twist both heels back to centre (06:00)

[17-24] Ball(&), Rock Fwd/Recover, Back Lock Step R, Coaster Cross, Side, Behind

- &1-2 Step ball of L beside R, Rock/step R forward, Recover weight on L (06:00)
- 3&4 Step R back, Cross L over R, Step R back (06:00)
- 5&6 Step L back, Step R next to L, Cross L over R (06:00)
- 7-8 Step R to R side, Cross L behind R (06:00)

[25-32] Side Rock/Recover, Behind Side Cross, Side Rock/Recover, Cross, Side Point R

- 1-2 Rock/step R to R side, Recover weight on L (06:00)
- 3&4 Cross R behind L, Step L to L Side, Cross R over L (06:00)
- 5-6 Rock/step L to L side, Recover weight on R (06:00)
- 7-8 Cross L over R, Point R to R Side (06:00)

Part B – 32 Counts

[1-8] Cross, Sweep, Cross, Side, Behind, Sweep, Behind, ¼ Turn

- 1-2 Cross R over L, Sweeping L Back to Front (06:00)
- 3-4 Cross L over R, Step R to R Side (06:00)
- 5-6 Cross L behind R, Sweeping R Front to Back (06:00)
- 7-8 Cross R behind L, ¼ Turn L Step L forward (03:00)

[9-16] Step Pivot ½ Turn L, ¼ Turn L, Behind, ¼ Turn R, Step Pivot ½ Turn R, ¼ Turn R

- 1-2 Step R forward, Pivot ½ Turn L (09:00)
- 3-4 ¼ Turn L Step R to R Side, Cross L behind R (06:00)
- 5-6 ¼ Turn R Step R forward, Step L forward (09:00)
- 7-8 Pivot ½ Turn R, ¼ Turn R Step L to L Side (06:00) ***Ending Point

[17-24] Behind, Sweep, Behind, Side, Cross Rock/Recover, Chassé L ¼ Turn

- 1-2 Cross R behind L, Sweeping L Front to Back (06:00)
- 3-4 Cross L behind R, Step R to R Side (06:00)
- 5-6 Rock/Cross L over R, Recover weight on R (06:00)
- 7&8 Step L to L Side, Step R next to L, ¼ Turn L Step L forward (03:00)

[25-32] Step Pivot ½ Turn L, 1/2 Turn L, ¼ Turn L, Cross Rock/Recover, Side Rock/Recover

- 1-2 Step R forward, Pivot ½ Turn L (09:00)
- 3-4 ½ Turn L Step R back, ¼ Turn L Step L to L Side (12:00)
- 5-6 Rock/Cross R over L, Recover weight on L (12:00)
- 7-8 Rock/step R to R side, Recover weight on L (12:00)

Part C – 32 Counts

[1-8] Cross Samba, Cross Samba, Cross Point R, Side Point R, Touch Behind, ½ Unwind R

- 1&2 Cross R over L, Rock/Step L to L Side, Recover weight on R (12:00)
- 3&4 Cross L over R, Rock/Step R to R Side, Recover weight on L (12:00)
- 5-6 Point R cross over L, Point R to R Side (12:00)
- 7-8 Touch R behind L, Unwind ½ R weight on R (06:00)

Styling: On the Points, raise your right arm up to R side (5), raise your left arm up to L side (6). On the Touch behind, ½ Unwind, cross your arms behind your neck and slide them down the side of your body (7-8)

[9-16] V-Step L, 2x Jump Side R & Dip with Hip Bumps

- 1-2 Step L out to L Diagonal, Step R out to R diagonal (06:00)
- 3-4 Step L back to centre, Step R next to L (06:00)
- 5& Jumping side to R side & bumping hips to R, bump L (06:00)
- 6& Bending Knees & bumping hips to R, bump L (06:00)
- 7& Jumping side to R side & bumping hips to R, bump L (06:00)
- 8& Bending Knees & bumping hips to R, bump L (06:00)

Styling: shimmy shoulders/shake body on the V-Step (1-4). On the 2x Jump Side & Dip, snap your right fingers sideways at head height (5), circle your right arm downwards in a counter-clockwise direction (&), snap your right fingers sideways at hip height (6), circle your right arm upwards in a clockwise direction (&), snap your right fingers sideways at head height (7), circle your right arm downwards in a counter-clockwise direction (&), snap your right fingers sideways at hip height (8)

[17-24] Skate R, Skate L, Diagonal Shuffle R Fwd, Skate L, Skate R, Mambo Fwd

- 1-2 Skate R to R diagonal, Skate L to L diagonal (06:00)
- 3&4 Step R to R diagonal, Step L next to R, Step R to R diagonal (06:00)
- 5-6 Skate L to L diagonal, Skate R to R diagonal (06:00)
- 7&8 Rock/step L forward, Recover weight on R, Step L back (06:00)

[25-32] Back Lock Step R, Back Lock Step L, Back Rock/Recover, Kick Ball Step R

- 1&2 Step R back, Cross L over R, Step R back (06:00)
- 3&4 Step L back, Cross R over L, Step L back (06:00)
- 5-6 Rock/Step R back, Recover weight on L (06:00)
- 7&8 Kick R forward, Step ball of R beside L, Step L forward (06:00)

Ending: The Last B starts Facing (12:00).

Dance 16 Counts of the last B, then step R next to L & Raise right arm up and slide down to the side

Last Update: 12 Jun 2024
