Bring Me Down



编舞者: Lisa LeMier

音乐: All You Ever Do Is Bring Me Down - The Mavericks



SHUFFLE, WALK, WALK, SHUFFLE, WALK, WALK

| 1&2 | Shuffle forward stepping on right, left, right |
|-----|--|
| 3-4 | Walk forward stepping on left, right |
| 5&6 | Shuffle forward stepping on left, right, left |
| 7-8 | Walk forward stepping on right, left |

SIDE SHUFFLE RIGHT, ROCK STEP, SIDE SHUFFLE LEFT, ROCK STEP

| 9&10 | Shuffle to right side stepping on right, left, right |
|-------|--|
| 11-12 | Rock back on left foot; rock forward on right foot |
| 13&14 | Shuffle to left side stepping on left, right, left |
| 15-16 | Rock back on right foot; rock forward on left foot |

SLOW WALK BACK

| 17-18 | Step right foot back; touch left foot next to right and clap hands |
|-------|--|
| 19-20 | Step left foot back; touch right foot next to left and clap hands |
| 21-22 | Step right foot back; touch left foot next to right and clap hands |
| 23-24 | Step left foot back; touch right foot next to left and clap hands |

STEP, 1/4 TURN, STEP, 1/4 TURN, STOMP, CLAP 3X

| 25-26 | Step right foot forward; make ¼ turn left (weight to left foot) |
|-------|---|
| 27-28 | Step right foot forward; make ¼ turn left (weight to left foot) |
| 29 | Stomp right foot next to left (weight stays on left foot) |

30-32 Hold and clap hands three times

REPEAT

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