

GDFR (Goin Down For Real)

COPPER KNOB
STEP SHEETS

拍數: 96 牆數: 4 級數: Phrased Intermediate / Advanced
編舞者: Brandi Gross (USA) - February 2015
音樂: GDFR (feat. Sage the Gemini & Lookas) - Flo Rida : (Clean)



Intro-32 counts after the singing begins (Begin when saxophone comes in) □ □

Sequence: A-B-B-C-A-B-B-C-A-A-TAG-A-A

Section A: 32 counts

A[1-8] STEP, ROLL HIPS, KNEE POP, SIDE, CROSS, TURN ¼ R, KNEE POP

- 1 – 4 Step R to R side rolling hips CCW twice (1-3), Pop L knee up (4)
5 – 8 Step L to L side (5), Cross R over L (6), Turn ¼ R Stepping L back (7), Pop R knee up touching R toe to R side (8) (3:00)

A[9-16] SIDE BODY ROLL, BALL, STEP, STEP, KNEE POP OUT, IN, PUSH L, STEP

- 1 – 4 Step R to R and roll body to R (1-2) Step ball of L next to R (&) Step R to R (3), Step L next to R (4)
5 – 8 Pop R knee out to R w/ R elbow (5) Bring knee in (6) Putting weight onto R lift L ft and begin pushing to L (7) Step onto L (8)

A[17-24] CROSS, GLIDE (X2), STEP, ¼ L HEEL GRIND, RUN RUN RUN BACKWARDS

- 1 – 4 Cross R over L (1) push L to L ending w/ weight on L (2) Cross R over L (&) push L to L ending with weight on L (3) Step R □ □ next to L (4)

Easy Option: Cross R over L (1), Step L to L (2), Cross R over L (&), Step L to L (3), Step R next to L (4)

- 5 – 8 L heel grind to L turning ¼ L (5) Recover onto R (6) Step L back (7) Step R back (&) Step L back (8) (12:00)

A[25-32] POINT, TOUCH, POINT, ROLL KNEE OVER TURNING ¼ R, COASTER, STEP, POP KNEES OUT, TOGETHER

- 1 – 4 Touch R out to R (1), Touch R next to L (2), Touch R out to R (3), Roll R knee CW turning ¼ R (4) (3:00)
5 – 8 Step R back (5), Step L next to R (&), Step R fwd (6), Step L next to R (7), Pop both knees out to sides on balls of feet (&), □ □ Bring knees together and heels down (8)

Section B: 32 counts

B[1-8] WIZARD, STEP, HEEL SWIVEL, BALL, CROSS, SIDE, BEHIND, SIDE, CROSS

- 1 – 4 Step R to R diag (1), Lock L behind R (2), Step R to R diag (&) Step L next to R (3), Lift heels up and to the R (&), Set heels □ □ back down facing fwd (4)
&5 – 8 Step ball of L next to R (&), Cross R over L (5), Step L to L (6), Step R behind L (7), Step L to L (&), Cross R over L (8)

B[9-16] STEP, HEEL SWIVELS, SLIDE L TOE, SLIDE R TOE, SAILOR

- 1 – 4 Step L to L (1), Swivel both heels to L (2), Swivel both toes to L (3), Swivel both heels to L ending with weight on R (4)

Styling Option: Bump chest out-in-out

- 5 – 8 Slide L toe to L side (5), Step L back while sliding R to R side (6), Step R behind L (7), Step L next R (&), Step R fwd (8)

B[17-24] ELONGATED WIZARD, TOUCH, CROSS HEEL, TURN ¼ R W/ HEEL TOUCH, COASTER

- 1 – 4 Step L to L diag (1), Hold (2), Lock R behind L (&), Step L to L diag (3), Touch R next to L (4)
5 – 8 Touch R heel over L (5), Turn ¼ R on L ft & touch R heel fwd (6), Step R back (7), Step L next to R (&) Step R fwd (8) (3:00)

B[25-32] FWD ROCK, RECOVER, HOP BACK WITH KICK (X2), HOP KICK FWD, HOP KICK BACK, HOP ½

R FWD KICK, BALL, STEP

- 1 – 4 Rock L fwd (1), Recover onto R (2), Hop back on R kicking L forward (X2) (3,4)
5 – 8& Hop on L & kick R fwd (5), Hop & kick R back (6), Hop ½ R & kick R fwd (7), Step R ball next to L (8), Step L fwd (&) (9:00)

Section C: 32 counts

C[1-8] FWD ROCK, RECOVER, HOP BACK WITH KICK, BIG STEP, HEEL SWIVEL IN

- 1 – 4 Rock fwd on R (1), Recover onto L (2), Hop back on R kicking L fwd (3), Take a big step back onto L (4)
5 – 8 Swivel R toe in (5), Swivel R heel in (6), Swivel R toe in (7), Swivel R heel in putting weight onto R (8)

C[9-16] FWD ROCK, RECOVER, HOP BACK WITH KICK, BIG STEP, HEEL SWIVEL IN

- 1 – 4 Rock fwd on L (1), Recover onto R (2), Hop back on L kicking R fwd (3), Take a big step back onto R (4)
5 – 8 Swivel L toe in (5), Swivel L heel in (6), Swivel L toe in (7), Swivel L heel in (8)

C[17-24] STEP, TOUCH, STEP, TOUCH, STEP-TOGETHER-STEP WITH KNEE FAN, TOUCH

- 1 – 4 Step L to L (1), Touch R next to L (2), Step R to R (3), Touch L next to R (4)
5 – 8 Step L to L fanning knees out (5), Step R next to L w/ knees in (6), Step L to L w/ knees out (7), Touch R next to L (8)

C[25-32] POINT, POINT, POINT, SWEEPING CROSS, UNWIND FULL TURN

- 1 – 4 Point R to R side (1), Point L to L side (2), Point R to R side (3), Sweep R across L (4)
5 – 8 Unwind a full turn ending with weight on L (5-8)

TAG: SHORTY GEORGE, BODY ROLL UP WITH SNAP, HOLD, BACK, BACK, STEP ¼ L, TOUCH BEHIND WITH SNAP, HOLD (X4)

- 1 – 4 Step R fwd pushing knees to R (1), Step L fwd pushing knees to L (2), Body roll up bringing R next to L and snap fingers (3), □□ Hold (4)
5 – 8 Step R back (5), Turn ¼ L stepping L to L side (6) Touch R behind L and snap fingers (7), Hold (8)

Repeat these 8 counts 3 more times for a total of 32 counts

One Tag, No Restarts

Enjoy!

Please do not alter this step sheet in any way.

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