

I'm Going Down

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Nathalie Toupin (CAN) & Ashley Pelletier (CAN) - August 2024
音樂: Mayday - Casey Barnes



INTRO: 16 counts

Restarts: 2

*1st restart wall 2 facing 3 o'clock after 16 counts

*2nd restart: wall 4 facing 6 o'clock after 16 counts

[1-8] CROSS, STEP, CROSS SHUFFLE, SIDE ROCK, CROSS, UNWIND ½ TURN

1-2 Cross RF in front of left, LF to left,
3&4 Cross RF in front of left, LF to left, cross RF in front of left
5-6 Rock LF left, recover on right
7-8 Cross LF over right, unwind ½ turn to the right put weight on LF

[9-16] STEP, KICK, STEP, HOOK, OUT, OUT, HOLD, HEEL BOUNCE (OR SWAY)

1-2 RF fwd, Kick LF fwd
3-4 LF back, hook RF in front
&5-6 Step RF out to right, step LF out to left, hold
&7&8 Lift heels off the floor, lower heels down, lift heels off the floor, lower heels down shifting weight onto left

(Optional) Sway Hips right to left shifting weight onto left

RESTART HERE on wall 2 facing 3'oclock

RESTART HERE on wall 4 facing 6'oclock

[17-24] SIDE, BEHIND, SIDE, HEEL, BALL, CROSS, HINGE ½ TURN, STOMP, KICK ¼ TURN

1-2 RF right, cross LF behind right
&3&4 RF right, Left Heel fwd diagonal, recover ball of LF, cross RF in front of left
5-6 LF left, 1/2 hinge turn right by stepping to R with RF
7-8 Stomp LF next to right while going down, Kick ¼ turn left with LF while moving body up

[25-32] ROCK BACK X2, ½ TURN 2X

1-2 Rock LF back, recover on RF
&3-4 Ball of LF next to right, rock RF back, recover on left
5-6 Step RF fwd, pivot ½ turn L transferring weight onto L
7-8 Step RF fwd, pivot ½ turn L transferring weight onto L

Last Update: 8 Jan 2025