

Down with the Sickness

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Aurora Otto (USA) & Cameron Otto (USA) - February 2025
音樂: Down with the Sickness (Clean Version) - Disturbed



One restart wall 4 after 8 cts facing 3 o clock

Dance starts at 0:54 seconds in on the lyrics

S1: BALL STEP WALK, WALK WALK, 1/4 SIDE ROCK AND CROSS, STEP RIGHT DRAG LEFT, CROSS LEFT BEHIND RIGHT, STEP

&1, 2, 3- Ball L walk R ,walk L, walk R
4 & 5- 1/4 turn right stepping L to left side rock, recover R, cross L over R (facing 3 o clock)
6, 7, 8- big step R to right dragging L to right, cross L behind R, step R to right

*****RESTART HERE ON WALL 4 AFTER 8 CTS FACING 3 OCLOCK WALL**

S2: ROCK RECOVER, 1/4 RIGHT BACK CROSS BACK, BACK CROSS BACK, COASTER STEP

1, 2- Cross rock L over Right, Recover R
3 & 4- 1/4 Right with a back traveling box step- step back L, cross right over left, step back L
5 & 6- step back right, cross left over R, step back R
7 & 8- Left coaster, back L, back right together, forward L

S3: WALK WALK WALK, 1/4 SIDE ROCK AND CROSS, STEP RIGHT AND DRAG LEFT, CROSS LEFT BEHIND RIGHT, STEP

1,2,3- walk R, walk L, walk R
4 & 5- 1/4 turn right stepping L to left side rock, recover R, cross L over R
6, 7, 8- big step R to right dragging L to right, cross L behind R, step R to right

S4: ROCK RECOVER, CHASSE LEFT RIGHT LEFT, POINT, POINT, SAILOR 1/2 TURN

1, 2- Cross rock L over Right, Recover R
3 & 4 - Chasse step L, step R together step L
5, 6- Cross point right over left point to left, point right back to right side
7 & 8- 1/2 turn sailor over right shoulder right behind left, step L, step R forward

Please reach out if you have any questions
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