

Down!

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Shaz Walton (UK) - September 2009
音樂: Down (feat. Lil Wayne) - Jay Sean



Cross Unwind. Back Rock. Recover. Kick. Touch. Swivel ¼ right.

- 1-2 Cross right over left. Unwind ½ turn left.
- 3-4 Rock back on left. Recover right.
- 5-6 Kick left forward. Touch left forward
- 7-8 making a ¼ turn right on ball of right foot swivel left heel left. Drop weight onto left (Funk it up!)

Rock back. Recover. Forward. Big side. Rock. Recover. ¼ . Sweep.

- 1-2 Rock back right. Recover left.
- 3-4 Step forward right. Take a big step left with left foot.
- 5-6 Rock back right. Recover left.
- 7-8 Step right forward making ¼ right. Sweep left from back to front (no weight)

Cross/flick. Step. Side. Flick. Dip ¼ /hitch. Side . Forward.

- 1-2 Cross left over right as you flick right behind left . step right behind left.
- 3-4 Step left to left. flick right behind left .
- 5-6 Step right to right as you dip down with feet apart. Make ¼ left on right foot as you hitch left up.
- 7-8 Step left to left. Step right forward.

Step. ½ pivot. Full turn Side. Sailor ¼ kick. (with Diva Click!- Optional!) Step forward.

- 1-2 Step forward left. Make ½ pivot turn right.
- 3-4 Make ½ right stepping back left. Make ½ right stepping right forward. (or walk L-R)
- 5 Step left to side.
- 6&7 Cross right behind left. Step left to left. Making ¼ left step back on right while kicking left forward. (Optional arm movement – bring right arm up & click fingers in a diva – ish way! On count 7)
- 8 Step left forward.

Dip. Knees in-out. slide. Rock Recover. Point. ¼.

- 1-2-3-4 Step right to right as you dip down with knees out. Bring knees in. Push knees out.

Straighten up as you slide left upto right.

- 5-6 Rock back on left. Recover right.
- 7-8 Point left forward. Make ¼ right dropping weight onto left.

Rock back. Recover. Full turn. Side rock. Recover. Behind. ¼

- 1-2 Rock back on right. Recover on left.
- 3-4 Make ¼ right stepping right forward. Make ½ right stepping back left.
- 5-6 Make ¼ right rocking out to right. Recover on left.
- 7-8 cross step right behind left. Make ¼ left stepping left forward.

Angled bounce. Hold. Cross. Back. Toe/heel transfer. Step. ¼ pivot.

- 1-2 Facing left diagonal- step right back to right diagonal as you dip. Hold (POSE!)
- 3-4 Cross step right over left. Step back left.
- 5-6 Touch right toe next to left. Drop right heel as you raise left heel.
- 7-8 step forward left. Make ¼ pivot turn right. (weight left)

Cross . Hold x2 . rock. Recover. Walk x2

1-2	Cross step right behind left. Hold
3-4	Cross step left behind right. Hold
5-6	Rock back on right. Recover on left.
7-8	x2 small walks right- left.
