

Down For The Count

Choreograaf : DJ Dan (February 2025)
Soort Dans : 4 wall line dance
Niveau : Beginner/Improver
Tellen : 36
Intro : 8 counts in the heavy beat
Muziek : Down For The Count – Indiah Ramey



SEC 1: Charleston Step, Walk Fwd X2, Shuffle Fwd

1-2 Touch R toe fwd, step R back
3-4 Touch L toe back, step L fwd
5-6 Step R fwd, step L fwd
7&8 Step R fwd, step L beside R, step R fwd

SEC 2: Rock Fwd, Shuffle ½ Left, Step Fwd, Pivot ¼ Left, Cross Shuffle

1-2 Rock L fwd, recover weight onto R
3&4 Turn ¼ L step L to L side, step R beside L, turn ¼ L step L fwd (6:00)
5-6 Step R fwd, pivot ¼ turn L (3:00)
7&8 Cross R over L, step L to L side, cross R over L

SEC 3: Side Rock, Cross Shuffle, Heel Grind ¼ Right, Coaster Step

1-2 Rock L to L side, recover weight onto R
3&4 Cross L over R, step R to R side, cross L over R
5-6 Heel grind R over L, turn ¼ L step back
7&8 Step R back, step L beside R, step R fwd

SEC 4: Rock Fwd, Tripple ¾ Left, Cross, Step Back, Heel-Ball-Cross

1-2 Rock L fwd, recover weight onto R
3&4 ¾ triple L stepping L-R-L (9:00)
5-6 Cross R over L, step L back
7&8 Place R heel to R diagonal, step R beside L, cross L over R

SEC 5: Side Rock, Back Rock

1-2 Rock R to R side, recover weight onto L
3-4 Rock R back, recover weight onto L

Start Again

Ending: wall 8: dance counts 1-6, add step R fwd, turn ¼ pivot L (12:00)