

# Down

**Count:** 64      **Wall:** 2      **Level:** Advanced  
**Choreographer:** Maria Maag, Denmark, January 2017  
**Music:** Down by Ida Corr (single) Length 3:39 (iTunes)

**Intro:** 32 counts from the first beat in music (approx. 23 sec. in music)

**Phrasing:** A, A, B, C, B, A, A, B, C, B, B, C, C, Ending 3 counts.

**Ending:** After the last Tag, music stops (facing 06:00) hold for 2 counts, then ½ turn L on L step R to R looking down (count 3).....The End

**Section A (Happens 4 times in the dance, on wall 1, 2, 6, 7)**

**A[1 – 8]Side rock back rock R, side step touch point touch, side rock L recover R, behind ¼ step R together.**

1&2&      Rock R to side (1), recover L (&), rock back R (2), recover L (&)      12:00  
3&4&      Step R to side (3), touch L next to R (&), point L to side (4), touch L next to R (&)      12:00  
5-6      Rock L to L (5), recover R (6)      12:00  
7-8&      Cross L behind R (7), turn ¼ R stepping down R (8), step L next to R (&)      03:00

**A[9 – 16] Touch R fw. step back, point L to side step back, point R to side step back, touch L fw. step back, rock back R recover ¼ R onto L, behind side touch**

1&2&      Touch R fw. (1), step R back (&), point L to L (2), step L back (&)      03:00  
3&4&      Point R to R (3), step R back (&), touch L fw. (4), step back L (&)      03:00  
5-6      Rock back R (5), recover ¼ R (weight ends on L) (6)      06:00  
7-8&      Cross R behind L (7), step L to L (8), touch R next to L (&)      06:00

**Section B (Happens 5 times in the dance, on wall 3, 5, 8, 10, 11)**

**B[1 – 8]Step R diagonally back R flex L foot, step L together, 1/8 turn R and side rock cross ¼ turn R, ½ turn R sweep L step down, mambo fw. R point back R**

1-2      Step R diagonally back R and flex L foot (1), step L next to R (2)      10:30  
3&4&      Rock R to R (3), recover L (&), turn 1/8 R crossing R over L (4), turn ¼ R stepping back L (&)      03:00  
5-6      Turn ½ R on L stepping down R sweeping L fw. (5), step fw. L (6)      09:00  
7&8&      Rock fw. R (7), recover L (&), point R back (8), hitch R knee (&)      09:00

**B[9 – 16] Touch R back with body roll ¼ R point L, triple ½ L sweep R, walk fw. R, walk fw L, step ½ turn L step ¼ turn L**

1&2&      Touch R back and turn ¼ R starting body roll from head (1), continue body roll down to hip (&) hip bump R to R (2), point L to L (&)      12:00  
3&4      Turn ¼ L stepping down L (3), step R next to L (&), turn ¼ L stepping down L and sweep R fw. (4)      06:00  
5-6      Walk fw. R (5), walk fw. L (6)      06:00  
7&8&      Step fw. R (7) turn ½ L stepping down L (&), step fw. R (8), turn ¼ L stepping down L (&)      09:00

**B[17 – 24] Step ¼ turn L with hip roll and touch L, kick ball cross side close R behind L, heel turn ½ R, fw. L fw. R ¼ L together**

1-2      Step fw. R and turn ¼ L on R with hip roll (1), touch L diagonally down L (upper body facing 6:00)(2)      06:00  
3&4&      Kick fw. L (3), step down L (&), cross R over L (4), step L to L (&)      06:00  
5-6      Close R behind L (5), turn ½ R on both heels (weight ends on R)(6)      12:00  
7&8      Step fw. L (7), step fw. R (&), turn ¼ L and step L next to R (weights on L) (8)      09:00

**B[25 – 32] Cross side Swivel R in Recover R, back rock L, recover R, turn ¼ L, turn ¼ R, reverse ¼ L sweep R fw. jazz box R and cross**

1&2&      Cross R over L (1), step L to L (&), swivel R heel L (2), swivel R back to center (&)      09:00

3&4 Rock back L (3), recover R (&), Turn ¼ L stepping down L (4) 06:00  
 5-6 Turn ¼ R stepping down R (5), turn ¼ L stepping down L and sweep R fw. (6) 06:00  
 7&8& Cross R over L (7), step back L (&), step R to R (8), cross L over R (&) 06:00

**Section C (Happens 4 times in the dance after wall 4, 9, 12, 13)**

**C[1 – 8]Side step R and down (both arms down) swivel 1/8 turn L and hitch L knee (throw R arm L), step diagonal fw. L (bend both elbows) tilt upper body R pop L knee (arm follows) recover L, ball big step L fw. together R, point L to L together point R to R together**

1-2 Step R to R and bend knees (both feet pointing towards R diagonal) (punch both arms down with flexed hands) (1), swivel R heel to R and hitch L knee (throw R arm in front of you and to the L) (2) 10:30

3&4 Step L diagonally fw. L (bend both elbows in front of your chest with palm facing down and clenched fist touching each other) (3), tilt upper body R and pop L knee (tilt R elbow down R) (&), recover L stepping down L (weight ends on L) (4) 10:30

&5-6 Step R next to L (&), big step fw. L (5), step R next to L (weight ends on R) (6) 10:30

7&8& Point L to L (7), step L next to R (&), point R to R (8), step R next to L (weight ends on R) (&) 10:30

**C[9 – 16] 1/8 L press step down L bend L knee (both arms down) recover R hitch L (bend both elbows), kick ball L touch R behind L (throw arms fw. around and down L) rock R to R recover L and hitch ½ turn R, side R touch L side L touch R**

1-2 Turn 1/8 L press step down L bend L knee (punch both arms down with flexed hands) (1), recover R and hitch L (bend both elbows in front of your chest crossing each other, palm facing down) (2) 10:30

3&4 Kick L fw.(throw arms fw.) (3), step L to L (arms around in front of you) (&), touch R behind L (point fingers L) (4) 09:00

5-6 Rock R to R and flex L heel (prep L) (5), recover L with a ½ turn R on L and hitch R (6) 03:00

7&8& Step R to R (7), touch L next to R (&), turn ¼ R stepping L to L (8), touch R next to L (&) 06:00

**Enjoy...:-)**

**Contact: [Maria.maag.dk@gmail.com](mailto:Maria.maag.dk@gmail.com)**