

Bringing Me Down



Choreographed by: Terry and Caroline French, 10/16, westcountrykickers@talktalk.net
Description: 64 count partner dance
Start position: Facing LOD (Man inside), holding inside hands
Mans steps listed, opposite footwork throughout unless stated
otherwise Music: "Who Do You Think You Are" by Sam Outlaw, (118bpm), CD: Angeleno
"I Left Something Turned On At Home" by Trace Adkins (151bpm), CD: Greatest Hits
Collection Music available on iTunes & Amazon

STEP FORWARD, TOUCH, STEP BACK, TOUCH, ¼ TURN, TOUCH, STEP SIDE, TOUCH

1,4 Step forward on R, touch L beside R, step back on L, touch R beside L
5,8 Step R ¼ turn to right, touch L beside R, step L to left side, touch R beside L
Pick up double handhold on count 6

SIDE, TOGETHER, STEP (Man forward, Lady back), TOUCH, SIDE, TOGETHER, STEP (Man back, Lady forward), TOUCH

9,12 Step R to right side, step L beside R, step R forward, touch L beside R 13,16
Step L to left side, step R beside L, step back on L, touch R beside L *Pickup in closed western position on count 9*

SIDE, TOGETHER, ¼ TURN, HOLD, FORWARD MAMBO STEP, HOLD

17,20 Step R to right side, step L beside R, step R forward ¼ right, hold, (RLOD)
21,24 Rock forward on L, recover onto R, step back on L, hold
Inside handhold on count 19

BACKWARD LOCK STEP, HOLD, ¼ TURN, TOGETHER, ¼ TURN, HOLD

25,28 Step back on R, lock step L over R, step back on R, hold
29,32 Step L ¼ turn to left, step R beside L, step L ¼ turn left, hold, (LOD)
Double handhold on count 29. Inside handhold on count 31

FORWARD LOCK STEP, HOLD, ROCK FORWARD, RECOVER, ¼ TURN, HOLD

33,36 Step forward on R, lock step L behind R, step forward on R, hold
37,40 Rock forward on L, recover onto R, step L ¼ turn left, hold, (ILOD)
Release hands on count 39

STEP FORWARD, PIVOT ½ TURN, STEP FORWARD, TOUCH, SIDE, BEHIND, SIDE, TOUCH

41,44 Step forward on R, pivot ½ turn left, step forward on R, touch, (OLOD)
45,48 Step L to left side, cross R behind L, step L to left side, touch
Pick up double handhold on count 43

CHANGE SIDES WITH ¼ TURN, HOLD, Man: WALK FORWARD, HOLD, Lady: ½ TURN, HOLD

49,52 Change sides stepping R,L,R, turning ¼ turn left (Lady turns right under raised leading hands), hold, (LOD)
52,56 **Man:** Walk forward L,R,L, hold
Lady: ½ turn left stepping R,L,R, hold (Lady now in front facing Man)
Release Man's right/Lady's left hands on count 49, pick up double handhold on count 54

MAMBO STEP (Man forward, Lady back), HOLD, Man: MAMBO BACK, HOLD, Lady: STEP, ½ TURN PIVOT, STEP, HOLD

57,60 **Man:** Rock forward on R, recover onto L, rock back on R, hold
Lady: Rock back on L, recover onto R, step forward on L, hold
61,64 **Man:** Rock back on L, recover onto R, step forward on L, hold
Lady: Step forward on R, pivot ½ turn left, step forward on R, hold, (LOD)
Release Man's left/Lady's right hands on count 61. Lady turns under raised arms, into starting position holding inside hands

START AGAIN