

CHA DOWN

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Count: 32 **Wall:** 4 **Level:** beginner/intermediate

Choreographer: Nancy A. Morgan

Music: Day Off by Ronnie McDowell

SIDE STEP, FORWARD ROCK STEP, SIDE SHUFFLE, BACK ROCK

1-2-3 Step right out to right, rock/step forward on left and back on right

4&5 Side shuffle to left - left, right, left

6-7 Rock/step back on right and forward on left

½ TURN SHUFFLE, BACK ROCK, ½ TURN SHUFFLE, BACK ROCK

8&1 As you turn ½ turn to your left, shuffle - right, left, right

2-3 Back/rock on left and forward on right

4&5 As you turn ½ turn to your right, shuffle - left, right, left

6-7 Back/rock on right and forward on left

STEP SIDE-BEHIND-SIDE, CROSS-STEP, POINT, BEHIND-SIDE-CROSS, TOUCH FORWARD AND SIDE

8&1 Step right foot forward, step left behind right, step right to right side

2-3 Cross/step left over right, touch right foot out to right side

4&5 Step right behind left, step left to left side, cross right just slightly over left and forward

6-7 Touch left toe forward, touch left toe out to left side

SAILOR SHUFFLE, ¼ COASTER STEP, TOUCH HEEL FORWARD, TOUCH TOE BACK, STEP TOUCH, SIDE SHUFFLE

8&1 Step left behind right, step right to right side, step left out to left side

2&3 As you turn ¼ turn to your right, do a coaster step - step back on right, back on left, forward on right

4-5 Tap left heel forward, tap left toe back

6-7 Step forward on left, touch right next to left

8& Start side shuffle - step right to right side, step left next to right

REPEAT

