

Drag Me Down

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Count: 96

Wall: 2

Level: Phrased Intermediate / Advanced

Choreographer: Andie Ghidiu - Sept. 2015

Music: Drag Me Down by One Direction

Intro: 8 count fade in - Sequence: AA BB C // AA B C // BB C*C//+1**

Part A: 32 counts

A[1-8] Hold, step, side-rock-ball, ¼ back- rock, step, kick-ball

- 1-4&** Hold weight R, step fwd L, rock side R on R, recover L, step R next to L 12:00
- 5-8&** Turn ¼ R rocking back on L, recover fwd R, step fwd L, kick R fwd, step down on ball of R 3:00

A[9-16] Rock-recover, ½ chasse, step, ¼ back, ½ turn, step

- 123&4** Rock fwd on L, recover R, turn ¼ L stepping side L, step R next to L, turn ¼ L and step fwd 9:00
- 5-8** Step fwd on R, turn ¼ R and step back on L, turn ½ R and step fwd on R, step fwd L 6:00

A[17-24] ½ turn, ¼ turn, side rock-recover, cross, side-behind, sweep

- 1-4** Step fwd on R turning ½ L, continue to turn another ¼ L on R, rock side L on L, recover R 9:00
- 5&6&7&8** Cross L in front of R, step R side R, step L behind R, sweep R behind L over 2 counts

A[25-32] Step down, side-rock, cross, touch, behind-side-turn, rock-step

- &1234** Step down on R (end of sweep), rock side L on ball of L, recover R, cross L in front of R, touch R to side R
- 5&6** Step R behind L, step L side L, cross R over L
- 7-8** Turn ¼ L and rock L fwd, recover R 6:00

Part B: 32 counts

B[1-8] Side, hold, recover, full turn, cross-side-back

- 1-5** Step side L on L, lean to L side, recover R, full turn R on R over 2 (L knee in figure 4) 12:00
- 6-8** Cross L in front of R, step back on R at a R diagonal, step back on L at a L diagonal

B[9-16] ¼ step, pivot ¾, rock, hold-recover, kick-ball-step, rock-step

1-4& Turn $\frac{1}{4}$ L stepping fwd on R, pivot $\frac{3}{4}$ L, rock side R on R, hold, recover L

5&678 Kick R fwd, step on ball of R, step fwd on L, rock fwd on R, recover L 12:00

B[17-24] Back sweep, behind, turn, hold, cross-side-back

1-4 Step back on R and over 2 counts sweep L behind R, step down on L, step slightly R on R turning $\frac{1}{2}$ R

5-8 Hold, cross L in front of R, step back on R to R diagonal, step back on L to L diagonal 3:00

B[25-32] $\frac{1}{4}$ step, $\frac{3}{4}$ pivot, rock, hold-recover, kick-ball-step, step, touch

1-4& Turn $\frac{1}{4}$ L stepping fwd on R, pivot $\frac{3}{4}$ L, rock side R, hold, recover L & 6:00

5&678 Kick R fwd, step on ball of R, step fwd L, step fwd R at a R diagonal, touch L next to R

Part C: 32 counts

C[1-8] Step L to side L, face diagonal, shift R with clap, hold, 3 knee slaps, hold, clap, hold

1-4 Step L to side L, shift weight L pivoting to face R diagonal, shift weight R with clap on 3, hold 12:00

(Arms: On 1-2, L arm fwd and R back; on 3, arms swing and switch places and clap as they pass)

&5&678 Shift weight L slapping R thigh 3x (R, L, R), hold 6, recover weight R with clap on 7, hold 8

(Arms: after finishing clap on count 7, R arm should be fwd with L arm back)

C[9-16] Weight shift L, hold, shift R with clap, hold, shift L, hold, shift R, hold

1-4 Shift weight L, hold, shift weight to R with clap on 3, hold

(Arms: On count 1, swing L arm fwd and R back as you shift weight L, arms switch places for clap on 3)

5-8 Take weight L crossing forearms in an X in front of chest with elbows bent and palms facing in, hold, shift weight R and uncross and bring arms down behind sides with hands in fists* 7, hold (Arms and hands should be tense 5-8)

C[17-32] Repeat counts 1-16 on same wall. Feel free to yell "Hey!", on counts 11 and 22 (on clap before the arm cross).

***Note: On count 29 (last arm cross) of second to last C* section 6:00, turn $\frac{1}{4}$ R and step side L on L. 9:00**

Continue on to last C section facing at new R diagonal.

****Ending: On last 2 counts (side fists) of final C section, square to front wall while lifting L heel and leaning fwd over R foot.**

+1... Bend both knees slightly and scoop down and back to L foot and then straighten legs and take weight leaning back over L (lift front toe and let heel drag back during lean). Push arms fwd. at same time. (On the word "Down...") 12:00

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