

# Humbles You Down

LINEDANCE.COM

**Count:** 48

**Wall:** 4

**Level:** High Intermediate waltz

**Choreographer:** Linda McCormack , May 2015

**Music:** 'Life Has A Way' - Anthony Hamilton (iTunes)

## Count in: 48 count intro

**Notes: Restarts - comes in wall 4: after 36 counts (you will be facing 3.00 wall to restart), wall 9: after 42 counts (you will be facing 3.00 wall to restart.)**

## [1-6] L twinkle, R ¼ twinkle

**1,2,3** Cross RF over L (1); step LF to L side (2); step RF to R side (3);

**4,5,6** Cross LF over R (4); ¼ turn L stepping back on the RF (to face 9.00 wall) (5); step LF together next to RF (6);

## [7-12] Forward step, full spiral turn, L forward press, recover, step.

**1,2,3** Step forward on the RF (1); spiral full turn over L shoulder (finished with weight on RF and LF hooked in) (2,3);

**4,5,6** Press forward on the LF with a slight lunge (4); recover weight back onto RF (5); step RF together with LF (6);

## [13-18] Slow side sway x2

**1,2,3** Step RF to R side whilst swaying to the R (1,2,3);

**4,5,6** Sway weight over to L whilst taking the weight onto the LF (4,5,6)

## [19-24] Cross lunge steps x2

**1,2,3** Cross RF over L with a slight lunge (1); recover weight back onto the LF (2); step RF to R side (3);

**4,5,6** Cross LF over R with a slight lunge (4); recover weight back onto the RF (5); step LF to L side (6);

## [25-30] Twinkle 1/8th turn, twinkle back.

**1,2,3** Cross RF over L (1); 1/8th turn stepping back on the LF (to face 11.30 wall) (2); step RF together next to L (3);

**4,5,6** Step back on the LF (4); step the RF slightly back (5); step LF forward (6);

**[31-36] Cross, unwind with a sweep, reversed twinkle.**

**1,2,3** Cross RF over L (1); unwind, almost a full turn (to return facing original 12.00 wall) whilst sweeping the LF round R (2,3);

**4,5,6** Cross step the LF behind the R (4); step the RF to the R side (5); step LF to L side (6);

**[37-42] Slow walks forward x2**

**1,2,3** Step forward on the RF whilst dragging the LF behind (1,2,3);

**4,5,6** Step forward on the LF whilst dragging the RF behind (4,5,6);

**[43-48] Forward rock recover, back twinkle with a ¼ turn.**

**1,2,3** Rock forward on the RF (1); recover weight back onto LF (2); step slightly back on the RF (3);

**4,5,6** Step back on the LF (4); step back on the RF (5); turning ¼ turn to the L, step the LF to the L side (facing 9.00 wall) (6)