



Do Be Down

Choreographed by KC Douglas

Description: 32 count, 4 wall, intermediate west coast swing line dance
Music: Don't Cry by The Meditations [CD: Stand In Love / Available on iTunes]
Do Be Down by The Meditations [CD: Ghetto Knowledge / Available on iTunes]
Back On The Farm by Swamp Rats [/]

Start on vocals

SIDE, TOGETHER, ½ TURN, SIDE, TOGETHER, SIDE, ½ SAILOR TURN, SIDE, TOGETHER, SIDE

1&2 Right step to side, step left together, step right to side
3&4 Turn ½ right and step left to side, step right together, step left to side (6:00)
5&6 Turn ½ right and step right to side, step left together, step right forward (12:00)
7&8 Step left to side, step right together, step left to side

FORWARD, TOGETHER, FORWARD, FORWARD, TOGETHER, FORWARD, SIDE MAMBO STEP, COASTER

1&2 Step right forward, step left together, step right forward
3&4 Step left forward, step right together, step left forward
5&6 Rock right to side, recover on left, step right together
7&8 Step left back, step right together, step left forward

FORWARD, ½ PIVOT, FORWARD, BALL TWIST, STEP BACK, CROSS, 3X (LEFT, RIGHT, LEFT)

1&2 Step right forward, turn ½ left (weight to left), step right forward (6:00)
3&4 Swivel heels left (facing right diagonal), step right back, cross left over right
5&6 Swivel heels right (facing left diagonal), step left back, cross right over left
7&8 Swivel heels left (facing right diagonal), step right back, cross left over right

For beginners, counts 3&4, 5&6, 7&8, rock side, recover, cross, left, right, left

SIDE, TOGETHER, TURN ¼, SIDE, TOGETHER, BACK, TURN ¼, SIDE, TOGETHER, TURN ¼, SIDE, TOGETHER, SIDE

1&2 Step right to side, step left together, turn ¼ right and step right forward (9:00)
3&4 Step left to side, step right together, turn ¼ right and step left back (12:00)
5&6 Step right to side, step left together, turn ¼ right and step right forward (3:00)
7&8 Step left to side, step right together, step left to side

REPEAT

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