

Hands Down

Matt Oakley

Type : 64 Count, 2 Wall, Smooth (West Coast Swing)

Level : Stars

Music : "Down The Road" by C2C (BPM 110)

Special Edit-contact the WCDF Music Board

The "clock" positions on all WCDF sheets explain where you are facing.

Start Position: Feet apart

**OUT, OUT, IN PLACE, 1/8 TURN IN PLACE,
1/8 TURN COASTER PRESS, RECOVER
WITH SWEEP, LOCK, STEP, 1/4 TURN,
1/2 TURN**

&	LF	step out slightly to L side on ball of foot
1	RF	step out slightly to R side on ball of foot
&	LF	step in place on whole foot
2	RF	1/8 turn L, step in place on whole foot (10.30)
3	LF	1/8 turn L, step back (9.00)
&	RF	step next to LF
4	LF	press fwd on ball of foot
5	RF	recover weight back, sweeping LF from front to back
6	LF	cross behind RF
7	RF	step forward
8	LF	1/4 turn R, step to L side (12.00)
&	RF	1/2 turn R, step to R side (6.00)

**TOGETHER & KICK, SIDE, CROSS SHUFFLE,
1/4 TURN, 1/4 TURN, BRUSH, SIDE**

9	LF	step next to RF, low kick RF out
10	RF	step to R side
11	LF	cross over RF
&	RF	step to R side
12	LF	cross over RF
13	RF	1/4 turn R, step fwd (9.00)
14	LF	1/4 turn R, step to L side (12.00)
15	RF	brush foot diagonally left back
16	RF	step to R side

**TWIST, & SIDE, TWIST, TWIST, STEP, STEP,
SIDE BALL, STEP, STEP**

17	BF	both heels to R (weight on RF)
&	LF	step next to RF
18	RF	step to R side
19	BF	both heels to R
20	BF	both heels to L (weight on RF)
21	LF	step fwd
22	RF	step fwd
&	LF	step on ball slightly to L side
23	RF	step slightly fwd
24	LF	step diagonally fwd right

**& STEP, FULL TURN, SIDE, CROSS,
SIDE WITH SWIVELING RF AND SLIDE LF**

&	RF	small step fwd
25	LF	step diagonally fwd right
26/27	LF	full turn R
28	RF	step out to R side
&	LF	cross over RF
29	RF	step out to R side
(&30	RF	starting with inwards rotation on
&31		ball of foot, alternate out-in-out
32)		etc from heel to ball of foot
		traveling to R side for 4 counts,
		sliding LF towards RF as you
		travel

Official WCDF competition dance description 2013

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**PRESS BACK, RECOVER, STEP,
½ TURN, DOUBLE TURN, STEP, ½ TURN,
STEP BACK**

33 LF press back into ball of foot
& RF recover weight
34 LF step fwd
35 RF ½ turn R (6.00)
36-37 RF double turn L (6.00)
38 LF step fwd
39 RF ½ turn L, step back (12.00)
40 LF step back

**STEP BACK, STEP BACK & OUT,
HEEL POP & CROSS, SCISSOR STEP, SIDE,
¼ TURN STEP BACK, 5/8 TURN STEP**

41 RF step back
42 LF step back & out
43 RF pop heel into the floor
& RF step in place
44 LF cross over RF
45 RF step to R side
& LF step next to RF
46 RF cross over LF
47 LF ¼ turn R, step back (3.00)
48 RF 5/8 turn R, step fwd (10.30)

**LOCK STEP, ROCKING CHAIR, STEP,
CROSS, PUSH INTO SLIDE**

49 LF step fwd
& RF step behind LF
50 LF step fwd
51 RF rock fwd
& LF recover weight
52 RF rock back
& LF recover weight
53 RF step fwd
54 LF cross over RF, press into leg and
55 BF push off foot creating a small
slide diagonally back on both feet
56 LF step in place

**STEP, 1/8 TURN SIDE, HEEL POP & CROSS,
SIDE, HEEL POP & CROSS, STEP BACK,
½ TURN SIDE**

57 RF step fwd
58 LF 1/8 turn R step to L side (12:00)
59 RF pop heel into the floor
& RF step slightly back to R diagonal
60 LF cross over RF
& RF step to R side
61 LF pop heel into the floor
& LF step slightly back to L diagonal
62 RF cross over LF
63 LF step back
64 RF ½ turn R, step to R side (6.00)