Don't Bring Me Down

Count: 48 **Wall:** 4 **Level:** Intermediate

Choreographer: Kevin Formosa (AUS) & Kerry Maus (USA) - September 2025

Music: Don't Bring Me Down - NCKZN & PARRIS MITCHELL

Intro: 8 counts

[1-8] WALK, WALK, ENGLISH CROSS, WALK, STEP, ½ PIVOT, ¼ SIDE WITH A DRAG

1,2&3 1) Step R forward, 2) Step L forward, &) step R forward turning 1/8 left 3) cross L over R
4,5,6 4) step R forward turning 1/8 right, 5) step L forward, 6) pivot ½ right weight to R
7,8 7) turn ¼ right step L to left, 8) drag R beside L [9:00]

[9-16] SAILOR STEP, SAILOR STEP, BEHIND, ¼ TURN, STEP ¼ PIVOT

1&2 1) Cross R behind left, &) step L to left, 2) step R to right
3&4 3) Cross L behind R, &) step R to right, 4) step L to left
5,6 5) Cross R behind L, 6) turn 1/4 left stepping L forward
7,8 7) Step R forward, 8) pivot ¼ left weight to L [3:00]

[17-24] ¼ TURN SIDE STEP WITH DIP, TOUCH KICK-BALL-CROSS, SIDE TOUCH, & TOUCH, & TOUCH

1,2 1) Turn ¼ left stepping R to right, bend knees for the lyric “down” 2) straighten legs & touch L beside R
3&4 3) Kick L forward to L diagonal, &) quickly step L beside R, 4) cross R over L
5,6 5) Step L to left, 6) touch R toe next to L
&7&8 &)Step R to right, 7) touch L toe beside R, &) step L to left, 8) touch R beside L [12:00]

[25-32] C-BUMP, ¼ TRIPLE, ¼ BACK LOCK STEP, ¼ TRIPLE

1&2 1) Step R to right bumping hips slightly up/right, &) bump hips L, 2) bump hips R slightly down
3&4 3) Step L to left, &) step R beside L, 4) turn ¼ left stepping L forward
5&6 5) Turn ¼ left stepping R back, &) lock L in front of R 6) step R back
7&8 7) Step L to left, &) step R beside L, 4) turn ¼ left stepping L forward [3:00]

RESTART here on walls 3 & 8; TAG on wall 6

[33-40] SIDE, TOUCH BEHIND, SIDE, BEHIND-SIDE-CROSS, SIDE, TOUCH BEHIND, ROLLING VINE

&1,2 &) Step R to right, 1) touch L behind R, 2) step to right
3&4 3) Step R behind L, &) step to left, 4) cross R over L
&5,6 &) Step L to left, 5) touch R behind L, 6) turn ¼ right step R forward
7,8 7) turn ½ right stepping L back, 8) turn ¼ right step R to right [3:00]

[41-48] CROSS ROCK, RECOVER, SIDE CHASSE, ½ TURNING JAZZBOX

1,2 1) Rock L over R, 2) recover back on R
3&4 3) Step L to left, &) step R beside L, 4) step L to left
5,6 5) Cross R over L, 6) Step L back turning ¼ right
7,8 7) Step R to right turning ¼ right, 8) step L forward [9:00]

TAG:

[1-8] STEP, ½ PIVOT, STEP, ½ PIVOT

1,2 1) Step R forward, 2) pivot ½ turn left, weight to L
3,4 3) Step R forward, 2) pivot ½ turn left, weight to L

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