

STEP RIGHT FORWARD, TWIST 1/4 LEFT, TWIST 1/4 LEFT, BALL CHANGE

- 1 Step right forward (in front of left toe)
2 Twist 1/4 left (drop heels)
3 Twist 1/4 left (again drop heels - you have just completed a 1/2 turn left)
& Rock left back
4 Step right in place

STEP LEFT FORWARD, HOLD, TWIST 1/4 RIGHT, BALL CHANGE

- 5 Step left forward (in front of right toe)
6 Hold
7 Twist 1/4 right
& Rock right back
8 Step left in place

WALK FORWARD RIGHT, LEFT, RIGHT - HEEL BALL CHANGE FORWARD

- 9 Step right forward
10 Step left forward
11 Touch right heel forward
& Step right beside left
12 Step left forward

PIVOT 1/4 LEFT, RIGHT - HEEL JACK & BALL CROSS RIGHT OVER LEFT

- 13 Step right forward
14 Pivot 1/4 left
& Rock back on right
15 Touch left heel forward
& Step left back
16 Step right over left

STEP WIDE SIDE LEFT, HOLD, QUICK STEP RIGHT TOGETHER 1/4 LEFT, SHUFFLE LEFT FORWARD

- 17 Step wide side left
18 Hold
& Step right beside left 1/4 left
19 Step left forward
& Step right beside left
20 Step left forward

STEP WIDE SIDE RIGHT, HOLD, QUICK STEP LEFT TOGETHER 1/4 RIGHT, SHUFFLE LEFT FORWARD

- 21 Step wide side right
22 Hold
& Step left beside right 1/4 right
23 Step right forward
& Step left beside right
24 Step right forward

ROCK STEP & TURN 1/4 LEFT, RIGHT - SAILOR STEP

- 25 Rock left forward
& Step right in place
26 Step left 1/4 left
27 Step right behind left
& Step side left
28 Step right slightly forward

SYNCOPATED ROCK STEPS

- 29 Rock left forward
30 Step right in place

& Step left beside right
31 Rock right back
32 Step left in place

REPEAT

TAG

/When dancing to "Write This Down", there is a 24 count tag that happens once you have just completed 4 walls and you are back facing your home wall where you started: add the 24 count tag during the instrumental (one time only), then begin the dance again

CROSS OVER STEPS - TRAVELING FORWARD

1 Step right in front of left
& Step side left
2 Step right slightly forward
3 Step left in front of right
& Step side right
4 Step left slightly forward

ROCK STEP, SHUFFLE 1/2 RIGHT

5 Rock right forward
6 Step left in place
7 Step right 1/4 right
& Step left beside right
8 Step right 1/4 right

CROSS OVER STEPS - TRAVELING FORWARD

9 Step left in front of right
& Step side right
10 Step left slightly forward
11 Step right in front of left
& Step side left
12 Step right slightly forward

ROCK STEP, SHUFFLE 1/2 LEFT

13 Rock left forward
14 Step right in place
15 Step left 1/4 left
& Step right beside left
16 Step left 1/4 left

ROCK STEP, RIGHT - COASTER STEP

17 Rock right forward
18 Step left in place
19 Step right back
& Step left beside right
20 Step right forward

ROCK STEP, LEFT - COASTER STEP

21 Rock left forward
22 Step right in place
23 Step left back
& Step right beside left
24 Step left forward

/We hope you will enjoy this dance. We have certainly had a lot of fun working together on it.