

Humbles You Down

48 Count, 4 Wall, Intermediate (Waltz)

Choreographer Linda McCormack (UK) May 2015

Choreographed to: Life Has A Way by Anthony Hamilton

Count in: 48 count intro

[1-6]1,2,3
4,5,6**L twinkle, R ¼ twinkle**

Cross RF over L (1); step LF to L side (2); step RF to R side (3);
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]1,2,3
4,5,6**Forward step, full spiral turn, L forward press, recover, step.**

Step forward on the RF (1); spiral full turn over L shoulder (finished with weight on RF and LF hooked in) (2,3);
Press forward on the LF with a slight lunge (4); recover weight back onto RF (5);
step RF together with LF (6)

[13-18]1,2,3
4,5,6**Slow side sway x2**

Step RF to R side whilst swaying to the R (1,2,3);
Sway weight over to L whilst taking the weight onto the LF (4,5,6)

[19-24]1,2,3
4,5,6**Cross lunge steps x2**

Cross RF over L with a slight lunge (1); recover weight back onto the LF (2); step RF to R side (3);
Cross LF over R with a slight lunge (4); recover weight back onto the RF (5); step LF to L side (6);

[25-30]1,2,3
4,5,6**Twinkle 1/8th turn, twinkle back.**

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

[31-36]1,2,3
4,5,6**Cross, unwind with a sweep, reversed twinkle.**

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

[37-42]1,2,3
4,5,6**Slow walks forward x2**

Step forward on the RF whilst dragging the LF behind (1,2,3);
Step forward on the LF whilst dragging the RF behind (4,5,6);

[43-48]1,2,3
4,5,6**Forward rock recover, back twinkle with a ¼ turn.**

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

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.)
