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Never Bring Me Down

32 Count, 4 Wall, Intermediate

Choreographer: Kathryn Sloan and Kelvin Dale - January 2017

Version 1

Choreographed to: Little Mix - Shout Out To My Ex

Album: Glory Days (Deluxe concert film edition)

Clockwise direction, 1 Restart, 1 Tag
Starts 4 counts in with weight on left - 126 BPM

S1 Walk, Walk, Shuffle, Rock, Replace, Half Shuffle (or 1 ½ Shuffle) (6.00)

1,2,3&4 Step forward on R, step forward on L, step forward on R, step L beside R, step R forward*
5,6,7&8 Rock L forward, replace weight on R, turning 180 left step L forward, step R beside L, step R forward (or 1 ½ shuffle)

S2 Cross, Side, Sailor, Cross, Side, Behind, Side, Cross (3.00)

1,2,3&4 Cross R in front of L, step L to left side, step R behind L, step L beside R, replace weight to R
5,6,7&8 Cross L in front of R, step R to right side, step L behind R, step R to right side, cross L in front of R
(For styling, shrugs can be included on the holds)

S3 Rock, Hold, &, Cross, Hold, &, Cross, Quarter, Pivot Half (9.00)

1,2,&3,4 Rock R to right side, hold, replace weight to L, cross R in front of L, hold
&5,6,7,8 Step L to left side, cross R in front of L, turning 90° left, step L forward, step R forward, pivot 180° left replacing weight to L

S4 Rock, Replace, &, Rock, Replace, &, Paddle Quarter, Paddle Quarter (3.00)

1,2&3,4 Rock R forward, replace weight to L, replace weight to R, rock L forward, replace weight to R
&5,6,7,8 Replace weight to L, step R forward, turning 90° left replace weight to L, step R forward, turning 90° left replace weight to L

[32] counts - Repeat

Restart: On wall 6 dance up to count 8* and restart

Tag: At the end of wall 13 add a 4 count tag

1-4 Rocking chair.

1,2,3,4 Rock forward on R, replace weight to L, rock back on R, replace weight to L