

## Cha Down

32 count, 4 wall, beginner/intermediate level  
Choreographer: Nancy A. Morgan (USA) April 2004  
Choreographed to: Day Off by Ronnie McDowell; CD:  
Country Dances; When the Sun Goes Down by  
Kenny Chesney; CD: When the Sun Goes Down

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### **SIDE STEP, FORWARD ROCK STEP, SIDE SHUFFLE, BACK ROCK**

- 1,2,3 Step Right out to Right, Rock/Step forward on Left and back on Right  
4&5 Side Shuffle to Left - Left, Right, Left  
6,7 Rock/Step back on Right and forward on Left

### **½ TURN SHUFFLE, BACK ROCK, ½ TURN SHUFFLE, BACK ROCK**

- 8&1 As you turn ½ turn to your Left, Shuffle - Right, Left, Right  
2,3 Back/Rock on Left and forward on Right  
4&5 As you turn ½ turn to your Right, Shuffle - Left, Right, Left  
6,7 Back/Rock on Right and forward on Left

### **STEP SIDE-BEHIND-SIDE, CROSS-STEP, POINT, BEHIND-SIDE-CROSS, TOUCH FORWARD AND SIDE**

- 8&1 Step Right foot forward, Step Left behind Right, Step Right to Right side  
2,3 Cross/Step Left over Right, Touch Right foot out to Right side  
4&5 Step Right behind Left, step Left to Left side, cross Right just slightly over Left and forward  
6,7 Touch Left toe forward, touch Left toe out to Left side

### **SAILOR SHUFFLE, ¼ COASTER STEP, TOUCH HEEL FORWARD, TOUCH TOE BACK, STEP, TOUCH, SIDE SHUFFLE**

- 8&1 Step Left behind Right, step Right to Right side, step Left out to Left side  
2&3 As you turn ¼ turn to your Right, do a Coaster Step - step back on Right, back on Left, forward on Right  
4,5 Tap Left heel forward, Tap Left toe back  
6,7 Step forward on Left, touch Right next to Left  
8& Start Side Shuffle - Step Right to Right side, Step Left next to Right
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