

HO DOWN

Choreographer: Mary Beal (madbealz@aol.com) 7-12-09

Music: Ho Down by: Brady Seals

Low Intermediate 32 counts 1 restart

R Kick ball change R step forward drag L L kick ball change L step forward drag R

1 & 2 Kick R foot forward and step on ball of R foot Step on L

3 4 Big step forward on R foot and drag L to touch beside R

5 & 6 Kick L foot forward and step on ball of R foot Step on R

7 8 Big step forward on L foot and drag R to touch beside L

Shuffle R and Rock recover Vine L with ¼ turn L Stomp

1&2 Step R to side Step left beside R Step R to side

3 4 Rock L back Recover on R

5 6 7 8 Step L to side Step R behind L Turn ¼ L Stomp R beside L

¼ Monterey R ¼ Monterey R

1 2 3 4 Point R to R side Bring R foot in as you turn ¼ R and Point L to side
Bring L beside R

5 6 7 8 Point R to R side Bring R foot in as you turn ¼ R and Point L to side
Bring L beside R

Step R L Heel and Cross Step Kicks and Dip

1 2 & 3 4 Step R to side L heel forward Bring L foot beside R and Cross L over R
Bring L beside R

5 & 6 & R heel forward Return to center L heel forward and return to center

7 8 Bend knees Straighten

Restart is at the end of wall 4. Do the first 16 counts of the dance and restart.