

'DON'T LET NOBODY DRAG YOUR SPIRIT DOWN'

Choreographed by **John Bishop** (Melbourne, VIC, Australia) October 2013
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Description: 48 counts, 4 walls, Intermediate line dance
Song: "Don't Ever Let Nobody Drag Your Spirit Down" - Maria Muldaur (4:11)
Album: Steady Love - available on iTunes
Count in: 32 counts (start on vocals)



COUNTS	FOOTWORK	END FACING
1 - 8	AND-OUT (FWD), CLAP, AND-IN (BACK), CLAP; AND-HEEL-AND-STEP, SHUFFLE FWD	
& 1 2	Step R fwd 45°R (&), step L fwd 45°L (1), clap hands (2)	12:00
& 3 4	Step R back 45°L (&), step L back 45°R (3), clap hands (4)	
& 5 & 6	Step R back (&), tap L heel fwd (5), step L tog (&), step R fwd (6)	
7 & 8	Step L fwd (7), step R tog (&), step L fwd (8)	12:00
9 - 16	PIVOT TURN, TRIPLE STEP ¾ LEFT, SIDE, DRAG, SIDE, DRAG	
1 2	Step R fwd (1), pivot ½ left onto L (2)	6:00
3 & 4	Triple step R (3), L (&), R (4) turning ¾ left	9:00
5 6	Step L to left (5), drag R up to L (6) <i>weight ending on R</i>	
7 8	Step L to left (7), drag R up to L (8) <i>weight ending on L</i>	9:00
17 - 24	BALL, FRONT, SIDE, BEHIND-SIDE-CROSS, AND-HEEL, AND-HEEL, AND-TOE (BACK), UNWIND ½ LEFT	
& 1 2	Step R slightly back (&), cross L over R (1), step R to right (2)	9:00
3 & 4	Cross L behind R (3), step R to right (&), cross L over R (4)	
& 5	Step R slightly back (&), tap L heel fwd (5)	
& 6	Step L next to R (&), tap R heel fwd (6)	
& 7 8	Step R next to L (&), touch L toe bk (7), unwind ½ left onto L (8)	3:00
25 - 32	RIGHT DOROTHY STEP, LEFT DOROTHY STEP, CROSS ROCK, ¼ RIGHT SIDE SHUFFLE	
1 2 &	Step R fwd 45°R (1), lock/step L behind R (2), step onto R (&)	3:00
3 4 &	Step L fwd 45°L (3), lock/step R behind L (4), step onto L (&)	
5 6	Cross/rock R over L (5), rock/recover weight back onto L (6)	
&	Turn ¼ right on L (&)	6:00
7&8	Step R to right (7), step L tog (&), step R to right (8)	6:00

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33 – 40	WALK (CROSS), WALK (CROSS), ¼ RIGHT, WALK, WALK; ROCK, RECOVER, LOCK SHUFFLE BACK	
1 2 &	Step L fwd to cross in front of R (1), Step R fwd to cross in front of L (2), turn ¼ right on R (&)	9:00
3 4	Step/walk L fwd (3), step/walk R fwd (4)	
5 6	Rock/step L fwd (5), rock/recover back onto R (6)	
7 & 8	Step L back (7), cross/lock step R bk over L (&), step L back (8)	9:00
41 – 48	TURN BACK HALF, QUARTER, CROSS BEHIND, POINT (TOUCH) (CROSS) BALL STEP, 3 x QUICK PADDLES ¼ LEFT ON EACH	
1	Step R back turning ½ right <i>over R shoulder</i> (1)	3:00
2 3	Step L fwd into ¼ right turn (2), cross/step R behind L (3)	6:00
4	Point L toes to left (4)	
5	Cross/step ball of L over in front of R	
&6	Rock sideways (push) onto R, pivot ¼ onto L	3:00
&7	Rock sideways (push) onto R, pivot ¼ onto L	12:00
&8	Rock sideways (push) onto R, pivot ¼ onto L	9:00
<p>ENDING: <i>Last wall starts at 3 o'clock. Finish the dance facing the front doing the step, drags (counts 13 – 16) take hands up from sides raising them and shimmying the hands (of course these hand actions are entirely optional) ☺ ;)</i></p>		