Bring It On Down (Phrased)

Count: 0 **Wall:** 0 **Level:** Advanced Hip Hop

Choreographer: Guyton Mundy (USA)

Music: Break It On Down (Battlezone) - Flii Stylz & Tenshus

Sequence: AB, AAB, AAB, A, tag #1, stomp, A, tag #2, B, stomp, first 32 counts

PART A

WALK BACKS, HITCH, STEP BACK, HITCH WALK OUT, OUT

1&2	Step back, right, step back left, step back right
3-4	Step forward on left, hitch right up
5-6	Swing right around behind left stepping on right, hitch left up
7&8	Step forward on left, step forward on right, step left out to left side

Optional moves for counts 5-8

5-6a	S you swing right leg back, drop down to right knee, with right arm back on ground as you kick left foot forward
7	Step up on left foot
&8	Step out on right, step out on left

KNEE POPS, SHOULDER ROCKS, BODY POP, WALKS, JUMP BACKS WITH KICK

&1	On balls of both feet pop both knees in, pop knees out
2-3	Rock shoulders to left while rocking onto left foot, recover onto right foot while stepping forward at an angle to 1:30 wall while popping chest out (shoulders back)
&4	Pop shoulders slightly forward, repeat
5&6	Walk forward left, right, left. (still on angel at 1:30 wall)
7-8	Jump back on left foot while kicking right forward, repeat

SIDE STEP, BODY ARK, SIDE STEP, ROLL, ¼, ½ STEP TOGETHER SIDE, BODY POP

1&2	Making 1/8 of a turn to the right step right to right side, (3:00 wall) arc body to the right while reaching to the right with right hand, reach left across body to the right (when you are reaching across it should be like you are grabbing the corner of a wall like a mime)
&3	Step left to right, step right to right side, pull arms to in front of chest

It should look like you are pulling yourself to the corner that you are holding on to

4-5	Roll body to the right then back then around to the left (you are making a half of a circle), as you reach the end of the roll let you momentum carry you as you make a ¼ turn to the right stepping right to right side
6&7	Make a ½ turn to the right stepping left to left side, bring right to left, step left to left side (ending on an angle at 10:30 wall while popping chest out with shoulders back)
&8	Pop shoulders slightly forward, repeat

WALK WITH LEVEL CHANGE, ELBOWS, LOOK, GRAB, PULL WITH LEVEL CHANGE, WALKS WITH ½ TURN

1&2	(Coming off the 10:30 wall walk forward to 12:00 wall) walk forward right as you start bending at knees keeping back straight, walk forward on left as you bend knees a little more, step together with right as you pop right arm out to right with bent elbow with fingertips pointing to floor with open palm (when walking forward it should look like you are walking down a flight of stairs, you are making a level change)
&3-4	Pop left arm out to left with bent elbow with fingertips pointing to floor with open palm, bring right hand to right side of face and place first two fingers on right side of chin, look to left (should look like you used your fingers to push your face to the left)
5-6	Still with bent knees, take right hand from face, and grab left wrist, pull down on left hand straitening arm while you straiten knees and stand up (coming out of your level change)

7&8	Walk forward on left, make a ¼ turn to the left stepping right to right side, make a ¼ turn to left stepping back on left

PART B

REACH UP, REACH DOWN, ¾ TURN, GRAB WITH LEG KICK, STEP BACK, ¾ BODY BREAK WITH PUNCH

1-2	Reach up with left hand (hand cupped out and down), reach down with right while bending at knees and slightly hunched over (hand cupped out and up)
3&4	Make a ¼ turn to right stepping in place on right, make a ¼ turn to the right stepping in place on left, make a ¼ turn to the right stepping forward on right (you should be on 9:00 wall)
5-6	Reach left arm across body to front wall as you kick left leg back to back wall, bring arm back in and step left foot out (you should be back at 9:00)
7&8	Make a ¼ turn to left stepping right to right, make a ½ turn to left stepping left out to left side, pop both knees in while you punch down with right hand

ARM UP, ARM OUT, SIDE STEP TWICE WITH ARM WAVE, ARM ROCKS, ½ TURN

1-2	Bend elbow so right arm is pointed up, extend right arm out in front
&3	Bring right foot to left, step left to left side, as your right arm waves in and out from left to right
&4	Bring right foot to left, step left to left side, as your right arm waves in and out from left to right
5&6	Take left arm out to left, as right arm comes across body, bring left forearm in front of chest as right arm extends out in front, bend right elbow so right arm is pointed up with closed fist
7&8	Step left next to right while making a ¼ turn to left, step in place with right, step in place with left making a ¼ turn to right

17-32	Repeat (you will always do this pattern twice)

TAG #1

STEP, ARM STYLING WITH LEG LIFT, FORWARD WALKS X3, STEP, ARM STYLING HOOK, ½ TURN

1-2	With left arm across body at stomach level, bring right hand underneath with fingers pointed out and snake hand up and slightly to the right, while stepping forward on right and slightly lifting left leg up
3&4	Step forward on left, step forward on right, step forward on left while dropping arms
5-6	With left arm across body at stomach level, bring right hand underneath with fingers pointed out and snake hand up and slightly to the right, while stepping forward on right and slightly lifting left leg up
7&8	Step forward on left, step forward on right, step forward on left while dropping arms
1-2	With left arm across body at stomach level, bring right hand underneath with fingers pointed out and snake hand up and slightly to the right, while stepping forward on right and slightly lifting left leg up
3&4	Step forward on left, step forward on right, step forward on left while dropping arms
5-6	With left arm across body at stomach level, bring right hand underneath with fingers pointed out and snake hand up and slightly to the right, while stepping forward on right, hook left over right
7-8	Touch left behind, unwind a half turn to the left with weight ending on left

TAG #2

ARM SNAKE

1-2	With left arm across body at stomach level, bring right hand underneath with fingers pointed out and snake hand up and slightly to the right, while stepping slightly forward on right

This is a slow snake up so take your time and count to six

PART C

THIS IS A STOMP PATTERN

1e&a	Step forward on right, slap right hand on right knee, take right hand slightly off knee and slap the back of it with the left hand, slap right hand on right knee

2&3	Slap left knee with left hand, bring right hand up a slap chest (keep there), bring left hand up and slap chest
&4	Stomp forward on left while taking hands out to either side while popping hands forward at wrist, stomp forward on left popping hands forward at wrist
5e&a	Step forward on right, slap right hand on right knee, take right hand slightly off knee and slap the back of it with the left hand, slap right hand on right knee
6&7	Slap left knee with left hand, bring right hand up a slap chest (keep there), bring left hand up and slap chest
&8	Hitch left foot up behind right and slap it with right hand, step forward on left

You will do this pattern 4 times in a row

SECOND STOMP PATTERN

1e&a	Step forward on right, slap right hand on right knee, take right hand slightly off knee and slap the back of it with the left hand, slap right hand on right knee
2&3	Slap left knee with left hand, clap, slap left elbow with right hand
&4	Clap, slap right elbow with left hand while stepping forward on left
5e&a	Step forward on right, slap right hand on right knee, take right hand slightly off knee and slap the back of it with the left hand, slap right hand on right knee
6&7	Slap left knee with left hand, bring right hand up a slap chest (keep there), bring left hand up and slap chest
&8	Stomp slightly forward on left and clap, stomp slightly forward on left and clap

You will do this pattern 2 times in a row
