Don’t Bring Me Down

Count: 32

Wall: 4

Level: Beginner

Choreographer: Candice Hall (AUS) - October 2026

Music: Get Off The Floor (Don't Bring Me Down) - Outliers, The Young Punx

Intro: 8 Counts

Section [1-8] : Vine R, Touch, Vine L, Touch

1,2,3,4 - Step R to R side, Step L behind, Step R to R side, Touch L beside R

5,6,7,8 - Step L to L side, Step R behind, Step L to L side, Touch R beside L

Section [9-16] : Step/Hop Right, Touch, Hold, Step/Hop Left, Touch, Hold, Camel Walk (4X)

1,2 - Step/Hop R Ball to R side, Touch L next to R, Hold

3,4 - Step/Hop L Ball to L side, Touch R next to L, Hold

5,6 - Step R forward popping L knee forward, Step L forward popping R knee forward

7,8 - Step R forward popping L knee forward, Step L forward popping R knee forward

Restart Here on Wall 2 9:00 & Wall 4 3:00

Section [17-24] : Rocking Chair, ¼ Turn L with hips 9:00

1,2 - Rock R Forward, Recover on L

3,4 - Rock L Forward, recover on L

5,6 - Step R Forward making ⅛ turn to L with hips

7,8 - Step R Forward making ⅛ turn to L with hips

Section [25-32] : R K-Step With Claps

1,2 - Step R Forward to R diagonal, Touch L together, Clap

3-4 - Step L back to L diagonal, Touch R together, Clap

5-6 - Step R back to R diagonal, Touch L together, Clap

7-8 - Step L forward to L diagonal, Touch R together, Clap

If you teach, dance or share this choreography, I’d love to see it! Please tag **Stomp With Candice** in your posts and videos. 🤠🩷