

HEDY MCADAMS:

# LAND DOWN UNDER\*

A 32-count, 4-wall, intermediate-level line dance

**Choreographer:** **HEDY McADAMS**, Palo Alto, CA ~ phone/fax: 650-322-6760 ~ hedy@cactus-rose.com  
**Teaching Note:** To confirm that you have the latest step sheet, "e" or call Hedy or visit her web site: [www.DanceAdventures.com](http://www.DanceAdventures.com)  
**Music/tempo:** Recommended: **DOWN UNDER**, by Men At Work, 16-ct. lead, 108 bpm, 3:30, "Contraband: The Best of Men At Work" CD, 1996, Sony CK/CT64791.  
Recommended (country): **MORE THAN I CAN SAY**, by Sammy Kershaw, 96 bpm, 32-ct. lead, "maybe not tonight" CD, Mercury Records 314 538 889-2.  
**Note:** *This dance goes very well with many types of music, within the 90-110 bmp range – TRY IT!*  
**Special thanks:** A special thank you to **Jeanette Feinberg**, San Mateo, California, for suggesting the recommended music for this choreography, and to **Sheila Lee**, of Brea, California, for suggesting the country alternative.  
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## A R-L-R – SKATE – SKATE L-R-L – RIGHT – BACK

*Home/original wall=12:00 o'clock, begin with weight L*

- |      |  |
|------|--|
| 1&2  | Angling body left, shuffle forward, <b>R-L-R</b>                                     |
| 3    | Turn body $\frac{1}{4}$ left [9:00] and skate ( <i>slide-step</i> )<br>L to the left |
| 4    | Angle body right and skate ( <i>slide-step</i> ) R to<br>the right                   |
| 5&6  | Turn body $\frac{1}{4}$ left [6:00] and shuffle<br>forward <b>L-R-L</b>              |
| 7, 8 | Step R to right, Step L back   |

## B CROSS – &/CROSS – LEFT – BACK CROSS – &/CROSS – &/CROSS – TURN

*You should be facing 6:00 wall, weight L*

- |      |  |
|------|--|
| 1&2  | Cross shuffle left, R over L, <b>R-L-R</b>   |
| 3, 4 | Step L to left, Step R to right and back<br>( <i>begin cross shuffle to right</i> ) Cross L over R |
| &6   | ( <i>short</i> ) Step R to the right, Cross L over R,  |
| &7   | ( <i>short</i> ) Slide-step R to right, Cross L over R   |
| 8    | Step R to right and turn body $\frac{1}{4}$ left [3:00]  |

*\*Released at Russ & Gloria Gunn's 2001 Palm Springs Festival as "More & More," aka "Thinkin' Out Loud," and later as "Chain Smokin.'" "Land Down Under" became the name of this dance once the Men at Work song became the recommended music, as of March 31, 2001, at "Dave's Place" in Hayward, CA.*

## C WALK – TAP – CROSS-BALL-STEP WALK – TAP – CROSS-TURN-SIDE

*You should be facing 3:00 wall, weight R*

- |    |   |
|----|---|
| 1  | Step L forward ( <i>bending L knee into a "dip"</i> )                               |
| 2  | ( <i>straighten L knee to standing</i> ) Tap R toe at<br>diagonal forward and right |
| 3  | ( <i>begin cross-ball-step</i> ) Cross R over L                                     |
| &4 | Step ball of L left, Step R forward   |
| 5  | Step L forward ( <i>bending L knee into a "dip"</i> )                               |
| 6  | ( <i>straighten L knee to standing</i> ) Tap R toe at<br>diagonal forward and right |
| 7  | ( <i>begin cross-ball-side with a turn</i> ) Cross R over L                         |
| &  | Turn body $\frac{1}{4}$ right [6:00] and rock-step ball<br>of L to left             |
| 8  | Step R right ( <i>and slightly back</i> )   |

## D CROSS – &/BEHIND – &/CROSS – TURN BACK-TOGETHER-FORWARD – 360°TURN – STEP

*You should be facing 6:00 wall, weight R.*

- |    |   |
|----|---|
| 1  | ( <i>begin running vine</i> ) Cross L over R  |
| &2 | Step R right, Step L behind R   |
| &3 | Step R to right, Cross L over R   |
| 4  | Turn body $\frac{1}{4}$ left [3:00] and step R back   |
| 5  | ( <i>begin coaster-step</i> ) Step L back   |
| &  | Step R beside L   |
| 6  | Step L forward ( <i>with L toe pointed left</i> )   |
| 7  | Step forward on ball of R and turn 360°<br>left ( <i>you needn't make it all the way around in one<br/>count, OK to use count D8 to complete turn</i> ) |
| 8  | Step L forward  |

**BEGIN AGAIN!**

(reset "clock" at 12:00)