

# East Bound

Count: 32

Wand: 4

Ebene: Improver polka

Choreograf/in: Danny Leclerc (CAN)

Musik: East Bound and Down - The Road Hammers



## HEEL TOUCH, TOE TOUCH, POLKA SHUFFLE (2X)

- 1 Heel touch to side slightly forward left
- 2 Toe touch crossed in front left
- 3&4 Polka shuffle to side left-right-left
- 5 Heel touch to side slightly forward right
- 6 Toe touch crossed in front right
- 7&8 Polka shuffle to side pivoting  $\frac{1}{4}$  right at right-left-right

## POLKA SHUFFLE (4)

- 1&2 Polka shuffle to side pivot  $\frac{1}{4}$  right left-right-left
- 3&4 Polka shuffle to side pivot  $\frac{1}{4}$  right right-left-right
- 5&6 Polka shuffle to side pivot  $\frac{1}{4}$  right left-right-left
- 7&8 Polka shuffle to side right-left-right

## HEEL TOUCH, TOE TOUCH, HEEL TOUCH, STEP, TOE TOUCH, HEEL TOUCH, TOE TOUCH, STEP

- 1 Heel touch forward left
- 2 Toe touch backward left
- 3 Heel touch forward left
- 4 Step left back
- 5 Toe touch backward right
- 6 Heel touch forward right
- 7 Toe touch backward right
- 8 Step right forward

## POLKA SHUFFLE, DIG $\frac{1}{4}$ LEFT

- 1-4 Polka shuffle forward left-right-left, right-left-right
- 5-8 Tap ball of foot forward with emphasis and noise turning  $\frac{1}{4}$  left left-right-left-right

## REPEAT

## TAG

At 2:24, add

- 1-4 Dig forward turning 1 full turn left left-right-left-right