

# Down & Out

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Paul Dornstedt (USA) & Karla Dornstedt (USA)

Musik: Nobody Knows You When You're Down and Out - Eric Clapton



"Nobody Knows You When You're Down And Out" is one of Gae McKinney's favorite songs. This one is for you Gae.

## SLOW SWAY LEFT, SWAY RIGHT, SWAY LEFT, SIDE SHUFFLE, ROCK, RECOVER

- 1-2 Slowly sway left on left for two counts
- 3-4 Sway right on right, sway left on left
- 5&6 Step right side right, step left next to right, step right side right
- 7-8 Rock left behind right, recover weight forward on right

## SIDE SHUFFLE, ROCK, RECOVER, TOGETHER, CROSS, HOLD, TOGETHER, ROCK, RECOVER

- 1&2 Step left side left, step right next to left, step left side left
- 3-4 Rock right behind left, recover weight forward on left
- &5-6 Step right next to left, cross left over right, hold
- &7-8 Step right next to left, cross rock left over right, recover weight back on right

## SWAY, SWAY, SIDE SHUFFLE, ROCK, RECOVER, ¼ TURN RIGHT TOE STRUT FORWARD

- 1-2 Sway left on left, sway right on right
- 3&4 Step left side left, step right next to left, step left side left
- 5-6 Cross rock right over left, recover weight back on left
- 7-8 Turn ¼ right and step forward on right toe, drop right heel and take weight

## ½ TURN RIGHT TOE STRUT BACK, ROCK, RECOVER, TOGETHER, CROSS, SWEEP, CROSS SHUFFLE

- 1-2 Turn ½ right and step back on left toe, drop left heel and take weight
- 3-4 Rock back on right, recover weight forward on left
- & Step right next to left facing right forward diagonal
- 5 Step left forward across right and bend left knee (facing right forward diagonal)
- 6 Sweep right out and forward while going up on ball of left foot (turning slightly left to face left forward diagonal)
- 7&8 Cross right over left, step left side left, cross right over left (slightly forward left diagonal)

## REPEAT

---