

# East Bound

**Compte:** 32

**Mur:** 4

**Niveau:** Improver polka

**Chorégraphe:** Danny Leclerc (CAN)

**Musique:** East Bound and Down - The Road Hammers



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## 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 ¼ right at right-left-right

## POLKA SHUFFLE (4)

- 1&2 Polka shuffle to side pivot ¼ right left-right-left
- 3&4 Polka shuffle to side pivot ¼ right right-left-right
- 5&6 Polka shuffle to side pivot ¼ 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 ¼ LEFT

- 1-4 Polka shuffle forward left-right-left, right-left-right
- 5-8 Tap ball of foot forward with emphasis and noise turning ¼ left left-right-left-right

## REPEAT

## TAG

At 2:24, add

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