

Down "N" Out

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kevin Smith (AUS) & Wayne Beazley (AUS) - October 2018
音乐: Down 'n' Out - Jill King : (iTunes)



Starts on vocals after count 16. words Down n out - Rotates CCW

CROSS, SIDE, SAILOR STEP, BEHIND ¼ TURN, ½ SHUFFLE

1,2,3&4 cross L over R, step R to side, sailor step L,R,L,
5,6,7&8 step R behind L, ¼ turn left step L, ½ turn left shuffle R,L,R (3.00)

ROCK, CROSS TRAVELLING SAMBA x 2, ½ PIVOT TURN,

1,2,3&4 rock back L, fwd R, cross samba travelling fwd L,R,L,
5&6,7,8 cross samba travelling fwd R,L,R,, step fwd L ½ pivot turn right

¼ TURN, SIDE TOUCHES, KICK BALL CROSS, CROSS SHUFFLE, STEP

1,2,3,4 ¼ turn right step L to side, touch R next L, step R to side, touch L next R (12.00)
5&6&7&8 L kick ball cross, & step L to side, cross R over L, step L to side

½ TURN UNWIND, ROCK, FULL TURN, HOLD

1,2,3,4, step R behind L, unwind ½ turn, rock L over R, take wt. R (6.00)
5,6,7,8, ¼ turn left step L, ½ turn left step back R, ¼ turn left step L to side, HOLD,

& CROSS, SIDE, BACK, HEEL & ROCK, COASTER STEP

&1,2,3,4 & R tog, cross L over R, step R to side, step back L, R heel fwd,
&5,6,7&8 & step R back, rock fwd L, back R, coaster step L,R,L,

STEP ¼ TURN, BEHIND & CROSS, ¼ TURN, COASTER STEP

1,2,3&4 step fwd R, 1/turn left on R, L behind R, & step R to side, cross L over R, (3.00)
5,6,7&8 step R to side, ¼ turn left on R, coaster step L,R,L,

TWISTY WALK RIGHT LEFT, RIGHT, ¼ TURN, SAILOR STEP, CROSS SAMBA

1,2,3,4, twist walk fwd R, L, R, ¼ turn left on R, (9.00)
5&6,7&8 sailor step L,R,L, (slightly angled left) Cross samba R,L,R (slightly angled right)

ROCK, FULL TURN, ¼ TURN SIDE ROCK, SIDE SAMBA

1,2,3 rock L over R, wt back R, ¼ turn left step L,
&4 & 1/2 turn left step back R, step fwd L (12.00)
5,6,7&8 ¼ left rock step R to side, take wt L, cross samba R,L,R, (9.00)

[64] START AGAIN

End wall 1 add 4 count L rocking chair. Wall 3 dance to count 22 add rock L to side wt back R then restart.
End wall 4 add 2 x L rocking chairs Wall 5 dance to count 56 restart dance
Finish on count 28 wall 7 to front

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