

I'm Down but Not Out

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Pat Newell (USA) - 6 October 2022
音乐: The Down & Out Blues - Shane Thompson



Beginner Starter Series

32 intro + 32 to begin

Charleston Steps

1-4 Step R fwd, kick L, step L back, touch R back

5-8 Sep R fwd, kick L, step L back, touch R back

Triple Right rock Recover, triple Left rock recover

1&2 3-4 Triple Right RLR, rock back on L, recover on R

5&6 -7-8 Triple Left LRL, rock back on R, recover on L

K Step 1/4 left (turn on ct 7-) 9:00

1-4 Step diagonally fwd on R, touch L, step back on L touch R

5-8 Step diagonally back on R, touch L, step 1/4 L touch R 9:00

2 riple steps, step fwd hold 1/4 L hold 6:00

1&2, 3&4 Triple fwd RLR, LRL

5-8 Step fwd on R, HOLD, turn 1/4 L on L, (pivot) Hold 6:00

Choreographed by Pat Newell

DANCE FOR THE HEALTH OF IT
