

Eastbound and Down

拍数: 32 墙数: 4 级数: Easy Improver
编舞者: Chris Jackson (UK) - September 2024
音乐: East Bound and Down - Jerry Reed : (Amazon)



No tags or restarts!

Begins with weight on the left. 16-count intro.

SECTION ONE – SCUFF-BRUSH, SHUFFLE RIGHT, SCUFF-BRUSH, SHUFFLE LEFT

- 1,2,3&4 Scuff right forward slightly on right diagonal, brush right back across left, shuffle forward right (R/L/R)
- 5,6,7&8 Scuff left forward slightly on left diagonal, brush left back across right, shuffle forward left (L/R/L)

SECTION TWO – CROSS, BACK, SHUFFLE A QUARTER, CROSS SHUFFLE, SIDE ROCK

- 1,2,3&4 Cross right over left, step back on left, shuffle right a quarter turn to your right (feet going R/L/R) (3.0)
- 5&6,7,8 Cross left over right, right to right side, cross left over right (cross shuffle), rock right to right side, recover on left

SECTION THREE – STOMP HEEL-TOE, STOMP HEEL-TOE, POINT AND POINT AND HEEL AND STEP

- 1&2,3&4 Stomp right forward slightly on right diagonal, move left heel towards right, move left toe towards right, stomp left forward slightly on left diagonal, move right heel towards left, move right toe towards left
- 5&6&7&8 Point right to right side, step right next to left, point left to left side, step left next to right, touch right heel forward, step right next to left, step left forward

SECTION FOUR – FORWARD ROCK, SHUFFLE HALF TURN RIGHT, FORWARD ROCK, COASTER STEP

- 1,2,3&4 Rock forward on right, recover on left, shuffle a half turn over your right shoulder (feet going R/L/R) (9.0)
- 5,6,7&8 Rock forward on left, recover on right, step back on left, right next to left, forward left

START AGAIN!
