

# East Bound

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Maureen Reynolds (AUS)  
音乐: East Bound and Down - The Road Hammers



- &1-2&      Flick right foot behind left step right to side, step left behind right, step right to side  
3&4      Kick left foot to left diagonal, step left next to right, cross right over left  
5&6      Side shuffle to left stepping left-right-left  
7-8      Touch right behind left, unwind ½ right (weight on left)
- 1&2      Right coaster step: step back on right, step left beside right, step forward on right  
3-4      Step forward on left, pivot ½ right  
5-6      Rock forward on left, rock back on right  
7&8      Turning ½ left shuffle forward left-right-left (optional 1 ½ triple)
- 1-2      Step forward on right, step forward on left,  
3&4      Forward right mambo: rock/step forward on right, replace weight to left, step back on right  
5-6      Step back on left, step back on right  
7&8      Turning ½ left shuffle forward left-right-left
- 1      Step right to right side  
2&3      Left sailor: step left behind right, step right to side, step left to left side  
4&5      Right sailor: step right behind left, step left to side, step right to side  
6-7      Step left behind right, turn ¼ right stepping forward on right  
8      Step left to left
- All restarts are from here**
- 1-2      Rock step right behind left, replace weight on left  
3&4      Side shuffle right-left-right  
5-6      Turning ½ left stepping left to left side (hinge turn), cross rock right over left  
7-8      Replace weight onto left, turning ¼ right stepping right forward
- 1&2      Cross samba left moving forward: step left across right, step right to right, replace weight on left  
3&4      Cross samba right moving forward: step right across left, step left to left, replace weight on right  
5-6      Step forward on left, turn ½ right and flick/kick right forward  
7-8      Turning ½ left step down on right, touch left heel forward
- &1      Step left beside right, touch right heel forward  
&2      Step right beside left, touch left heel forward  
&      Step left beside right  
3&4&      Touch right toe back, step right beside left, touch left heel forward, step left next to right  
5-6      Step forward on right, turning ¼ left taking weight onto left  
7&8      Cross shuffle over left stepping right-left-right
- 1-2-3&4      Turning ¼ right step back on left, turning ½ right stepping forward on right, shuffle forward left-right-left  
5-6-7-8      Cross right over left, step back on left, step right to right, cross left over right,

**REPEAT**

**RESTART**

**On walls 3 and 6, after count 32, step left to left side turning a  $\frac{1}{4}$  right and restart from beginning**

**On wall 5, after count 32**

1-4            Step forward on right, pivot  $\frac{1}{2}$  left, step forward on right, pivot  $\frac{1}{4}$  left

**Restart from beginning**

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