

Down 'n Out

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Carol Mckee (AUS)
音乐: Down 'n' Out - Jill King



ACROSS, SIDE, ACROSS, SIDE, STEP DOWN, ACROSS, SIDE, ACROSS, SIDE, STEP DOWN

1-2-3&4 Cross right over left, step left to left, cross right over left, step left toe left, step down on right
5-6-7&8 Cross left over right, step right to right, cross left over right, step right toe right, step down on left

FORWARD, BACK, TURN SHUFFLE, FORWARD, TURN, SHUFFLE

1-2-3&4 Step forward right, step back left, turn ½ turn right shuffle forward: right-left-right
5-6-7&8 Step forward left, turn ½ turn right keeping weight on right, shuffle forward: left-right-left

FORWARD, TOGETHER, SHUFFLE, FORWARD, TOGETHER, SHUFFLE

1-2-3&4 Step forward right, step left next to right, shuffle forward: right-left-right
5-6-7&8 Step forward left, step right next to left, shuffle forward: left-right-left

FORWARD, BACK, TURN SHUFFLE, TURN SHUFFLE, TURN SHUFFLE

1-2-3&4 Step forward right, step back left, turn ½ turn right shuffle forward: right-left-right
5&6-7&8 Turn ½ turn right shuffle back: left-right-left, turn ½ turn right shuffle forward: right-left-right

SIDE, ROCK, SAILOR STEP, SAILOR STEP, TURN SAILOR STEP

1-2-3&4 Step left to left, rock onto right, step left toe behind right, step right toe right, step down on left
5&6 Step right toe behind left, step left toe left, step down on right
7&8 Step left toe behind right, turn ¼ turn left step right to right, step down on left

HEEL, TOGETHER, TOE, STEP TURN, HEEL, TOGETHER, TOE, FORWARD, BACK, COASTER STEP

1&2 Touch right heel forward, step right next to left, touch left toe next to right
&3&4 Turn ¼ turn left step onto left, touch right heel forward, step right next to left, touch left toe next to right
5-6-7&8 Step forward left, step back right, coaster: left-right-left

SIDE, STEP DOWN, ACROSS, BACK, TOGETHER, SHUFFLE, SHUFFLE

&1-2-3-4 Touch right toe right, step down on left, cross right over left, step back left, step right next to left
5&6-7&8 Shuffle forward: left-right-left, shuffle forward: right-left-right

SIDE, STEP DOWN, ACROSS, BACK, TOGETHER, SHUFFLE, SHUFFLE

&1-2-3-4 Touch left toe left, step down on right, cross left over right, step back right, step left next to right
5&6-7&8 Shuffle forward: right-left-right, shuffle forward: left-right-left

FORWARD, TURN, FORWARD, FORWARD

1-2-3-4 Step forward right, turn ½ turn left keeping weight left, step forward right, step forward left

REPEAT

FINISH

Dance to count 10 then finish with a full turn right triple step