

Down And Out

拍数: 32 墙数: 4 级数: Beginner
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音乐: Neon Flame - Terri Clark



GRAPEVINE RIGHT, QUICK STOMPS

- 1 Step right on right foot
- 2 Cross left foot behind right foot
- 3 Step right on right foot
- 4& Stomp left and stomp right

ROCKS AND TURNS

- 5 Rock forward onto left
- 6 Rock back onto right
- 7 Rock backward onto left
- 8 Rock forward onto right
- 9 Step forward on left
- 10 Pivot half-turn to the right
- 11 Step forward on left
- 12 Pivot half-turn to the right

GRAPEVINE LEFT, QUICK STOMPS

- 13 Step left on left foot
- 14 Cross right foot behind left foot
- 15 Step left on left foot
- 16 Stomp right and stomp left

ROCKS AND TURNS

- 17 Rock forward onto right
- 18 Rock back onto left
- 19 Rock backward onto right
- 20 Rock forward onto left
- 22 Step forward on right
- 21 Pivot half-turn to the left
- 22 Step forward on right
- 23 Pivot half-turn to the left

SHUFFLES

- 24&25 Shuffle forward right, left, right
- 26&27 Shuffle forward left, right, left
- 28 Step forward on right
- 29 Pivot half-turn to the left

KICK-BALL TURN, CLAP

- 30 Kick right forward
- &31 ¼ turn to left as step in place with ball of right foot, lift left slightly
- 32 Clap

REPEAT
