

Down And Out

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Robert Lindsay (UK)
音乐: Too Bad You're No Good - Trisha Yearwood



KICK BALL CROSS, TOUCH, TOGETHER (RIGHT & LEFT)

1&2 Kick right foot forward, touch right foot in place, cross left over in front of right
3-4 Touch right toe to right side, touch right in place
5&6 Kick left foot forward, touch left foot in place, cross right over in front of left
7-8 Touch left toe to left side, touch left in place

TURNING TOE STRUTS WITH SNAPS, STOMP, STOMP

1-2 Step forward on right toe, snap heel to floor and snap fingers
3-4 Turning ½ turn right, step forward on left toe, snap heel to floor and snap fingers
5-6 Turning ½ turn right, step forward on right toes, snap heel to floor and snap fingers
7-8 Stomp left foot beside right twice

SYNCOPATED OUT & IN, HEEL JACK, HOLD, CROSS, HOLD, GRAPEVINE RIGHT

&1&2 Step left out to left side, step right out to right side, step left into center, step right into center
&3-4 Step left foot back on left diagonal, touch right heel diagonally forward right, hold
&5-6 Step back on right foot, cross left over right, hold
7-10 Step right to right, step left behind right, step right to right touch left beside right taking weight

HEEL JACK, HOLD, CROSS, HOLD, GRAPEVINE LEFT

&1-2 Step right foot back on right diagonal, touch left heel diagonally forward left, hold
&3-4 Step back on left foot, cross right over left, hold
5-8 Step left to left, step right behind left, step left to left, touch right beside left taking weight

ROCK BACK, SHUFFLE FORWARD, FORWARD LEFT, HOLD, ½ TURN HOLD

1-2 Rock back on right, recover weight forward on left
3&4 Step right foot forward, step left beside right, step right foot forward
5-6 Step forward left, hold
7-8 Pivot ½ turn over the right shoulder, hold

CHASSE LEFT, ROCK BEHIND, GRAPEVINE RIGHT WITH ¼ TURN RIGHT, TOUCH LEFT

1&2 Step left to left, close right beside left, step left to left
3-4 Rock right back behind left, recover weight on left
5-6 Step right to right side, step left behind right
7-8 Step right to right side making ¼ turn right, touch left beside right

REPEAT

TAG

For walls 3, 6 and 8, miss out steps &17&18 (the syncopated out & in) and finish the dance with the last section as follows:

ROCK BACK, SHUFFLE FORWARD, FORWARD LEFT, ½ TURN, CHASSE LEFT

1-2 Rock back on right, recover weight forward on left
3&4 Step right foot forward, step left beside right, step right foot forward
5-6 Step forward left, pivot ½ turn over the right shoulder
7&8 Step left to left, close right beside left, step left to left

Omit steps 43-48

