

# 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

