

Down & Out

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Paul Dornstedt (USA) & Karla Dornstedt (USA)
音乐: Nobody Knows You When You're Down and Out - Eric Clapton



"Nobody Knows You When You're Down And Out" is one of Gae McKinney's favorite songs. This one is for you Gae.

SLOW SWAY LEFT, SWAY RIGHT, SWAY LEFT, SIDE SHUFFLE, ROCK, RECOVER

1-2 Slowly sway left on left for two counts
3-4 Sway right on right, sway left on left
5&6 Step right side right, step left next to right, step right side right
7-8 Rock left behind right, recover weight forward on right

SIDE SHUFFLE, ROCK, RECOVER, TOGETHER, CROSS, HOLD, TOGETHER, ROCK, RECOVER

1&2 Step left side left, step right next to left, step left side left
3-4 Rock right behind left, recover weight forward on left
&5-6 Step right next to left, cross left over right, hold
&7-8 Step right next to left, cross rock left over right, recover weight back on right

SWAY, SWAY, SIDE SHUFFLE, ROCK, RECOVER, ¼ TURN RIGHT TOE STRUT FORWARD

1-2 Sway left on left, sway right on right
3&4 Step left side left, step right next to left, step left side left
5-6 Cross rock right over left, recover weight back on left
7-8 Turn ¼ right and step forward on right toe, drop right heel and take weight

½ TURN RIGHT TOE STRUT BACK, ROCK, RECOVER, TOGETHER, CROSS, SWEEP, CROSS SHUFFLE

1-2 Turn ½ right and step back on left toe, drop left heel and take weight
3-4 Rock back on right, recover weight forward on left
& Step right next to left facing right forward diagonal
5 Step left forward across right and bend left knee (facing right forward diagonal)
6 Sweep right out and forward while going up on ball of left foot (turning slightly left to face left forward diagonal)
7&8 Cross right over left, step left side left, cross right over left (slightly forward left diagonal)

REPEAT
