

# 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

---