

Down And Out

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Diana Dawson (UK) - November 2010
音乐: Bottle To The Bottom - Dierks Bentley : (CD: Up On The Ridge)



20 count intro

Section 1: BACK-ROCK, KICK-BALL-CHANGE, SHUFFLE FORWARD, STEP, PIVOT THREEQUARTER TURN RIGHT

1-2 Step back on right foot, rock forward onto left
3&4 Kick right foot forward, step right foot in place, step left foot in place
5&6 Right shuffle forward stepping – Right, Left, Right
7-8 Step forward on left foot, pivot three-quarter turn right [9:00]

Section 2: LEFT CHASSE, BACK-ROCK, RIGHT HEEL-BALL-CROSS x2

1&2 Step left to left side, step right next to left, step left to left side
3-4 Step back on right, rock forward onto left
5&6 Tap right heel diagonally forward right (or low kick), step back on right, cross step left over right
7&8 Tap right heel diagonally forward right (or low kick), step back on right, cross step left over right

Section 3: SIDE-ROCK, SAILOR STEP, SAILOR QUARTER TURN, SHUFFLE FORWARD

1-2 Step right to right side, rock onto left
3&4 Step right behind left, step left to left side, step right to right side
5&6 Step left behind right, quarter turn left stepping right to right side, step left to left side [6:00]
7&8 Right shuffle forward stepping – Right-Left-Right

Section 4: CROSS, SIDE, SAILOR-HEEL, SYNCOPATED WEAVE LEFT QUARTER TURN

1-2 Cross step left over right, step right to right side
3&4 Step left behind right, step right to right side, tap left heel diagonally forward left
& Step left in place RESTART here on wall 3 – facing front [12:00]
5-6 Cross step right over left, step left to left side
7&8 Step right behind left, quarter turn left stepping forward on left, step right forward [3:00]

Section 5: STEP, PIVOT HALF TURN, SHUFFLE FORWARD, FULL LEFT TURN FORWARD, RIGHT SHUFFLE, STEP

1-2 Step forward on left foot, pivot half turn right [9:00]
3&4 Left shuffle forward stepping - Left, Right, Left
5-6 Half turn left stepping back on right, half turn left stepping forward on left (or walk fwd right-left) [9:00]
7&8 Right shuffle forward stepping – Right, Left, Right

Section 6: JAZZBOX, TOUCH, CHASSE RIGHT, BACK-ROCK

1-2 Cross step left over right, step back on right,
3-4 Step left to left side side, touch right beside left
5&6 Step right to right side, step left next to right, step right to right side
7-8 Step back on left, rock forward onto right

Section 7: HITCH-POINT QUARTER TURN x2, CROSS SHUFFLE, SIDE-ROCK, CROSS SHUFFLE

&1 Hitch left knee across right making quarter turn right on ball or right foot, point left toe to left side [12:00]

- &2 Hitch left knee across right making quarter turn right on ball of right foot, point left toe to left side [3:00]
- 3&4 Cross left over right, step right to right side, cross left over right
- 5-6 Step right to right side, rock onto left
- 7&8 Cross right over left, step left to left side, cross right over left

Section 8: POINT SWITCHES, HEEL SWITCHES, STEP, PIVOT HALF TURN, SHUFFLE HALF TURN

- 1&2& Point left to left side, step left in place, point right to right side, Step right in place,
- 3&4& Tap left heel forward, step left in place, tap right heel forward. Step right in place,
- 5-6 Step forward on left, pivot half turn right (weight onto right) [3.:00]
- 7&8 Left shuffle making half turn right, stepping - left, right, left. [9:00]

Begin again

Tag: At the end of wall 5 - facing back [6:00] add RIGHT BACK – ROCK – KICK-BALL-CHANGE – RIGHT JAZZBOX

- 1-2-3&4 Step back on right, rock forward onto left. Kick right foot forward, step right in place, step left in place
- 5-6-7-8 Cross step right over left, step back on left, step right to right side, step left beside right

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