

East Bound and Down

拍數: 32 牆數: 4 級數: Improver
編舞者: SWC - May 2019
音樂: East Bound and Down - Jerry Reed



Section 1: Chassé R, rock step, Chassé L, rock step

- 1 & 2 Step RF to right (1), step LF next to RF (&), step RF to right (2)
- 3 - 4 Rock step back with LF (3), recover weight back onto RF (4)
- 5 & 6 Step LF to left (5), step RF next to LF (&), step LF to left (6)
- 7-8 Rock step back with RF (7), recover weight back onto LF (8)

Section 2: Heel switches, 1/2 turn left, kick-ball-step, 1/4 turn left

- 1 & 2 & Touch R heel forward (1) , step RF next to LF (&), touch L heel forward (2) , step LF next to RF (&)
- 3 - 4 Step forward on RF (3), turn 1/2 left while step forward on LF (4)
- 5 & 6 Kick RF forward (5), step RF next to LF (&), step down on LF (6)
- 7 - 8 Step forward on RF(7), turn 1/4 left when step down on LF (8)

Section 3: Heel switches with hook x 2

- 1 & 2 & Touch R heel forward (1) , step RF next to LF (&), touch L heel forward (2) , step LF next to RF (&)
- 3 & 4 & Touch R heel forward (3), hook RF in front of L knee (&), touch R heel forward (4),step RF next to LF (&)
- 5 & 6 & Touch L heel forward (5), step LF next to RF (&), touch RF forward (6), step RF next to LF (&)
- 7 & 8 Touch L heel forward (7), hook LF in front of R knee (&), touch L next to RF (8)

Section 4: Ball change, shuffle forward R, shuffle backwards L, bend knees, straighten up and point index finger

- 1& 2 Step RF forward (1), step LF beside RF (&), step RF forward (2)
- 3 & 4 Step LF backwards (3), step RF beside LF (&), step LF backwards (4)
- & 5 - 6 Jump RF out (&) LF out (5)while bend down in both knees, put hands on your thies. Hold (6)
- & 7 - 8 Jump RF in (&), jump LF in and straighten up and point index forward -like a gun (7), Hold(8)

Arm styling at count 1-4, swing your right arm above your head like you are throwing a lasso.

No Tags, No Restarts. Just dance and have fun.

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