

# 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.

Contactinfo: [yvonne.sevre@gmail.com](mailto:yvonne.sevre@gmail.com)