

# The Down & Out BLUES ..

**COPPERKNOB**  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Easy Beginner  
編舞者: Val Saari (CAN) - February 2020  
音樂: The Down & Out Blues - Shane Thompson



Intro 32 counts: begin on the downbeat (right before the word "Ain't")

## CHARLESTON STEPS

1-2                      Step RF forward, Kick LF forward  
3-4                      Step LF back, Touch RF back  
5-6                      Step RF forward, Kick LF forward  
7-8                      Step LF back, Touch RF back

## LINDY RIGHT, STEP-FLICKS BEHIND

1&2                      Shuffle right, RLR  
3-4                      Rock back on LF, Recover on RF  
5-6                      LF Step left, Drag RF toes and flick up behind L  
7-8                      RF Step right, Drag LF toes and flick up behind R

## RUMBA BOX

1-2                      Step LF to left side, Step RF beside L  
3-4                      Step LF forward, Hold  
5-6                      Step RF to right side, Step LF beside R  
7-8                      Step RF back, Hold

## LINDY LEFT TURN 1/4 R, RF ROCKING CHAIR

1&2                      Shuffle left (LRL)  
3-4                      Rock back on RF Turn 1/4 R, Recover on LF  
5-6                      Rock RF forward, Recover LF  
7-8                      Rock RF back, Recover LF

## REPEAT

No Tags, No Restarts

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