

# Nobody Knows You When You're Down and Out

**COPPER**KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Sonja Hemmes (USA) - July 2020  
音樂: Nobody Knows You When You're Down and Out - Eric Clapton



## Start on lyrics

### LOCK STEP FORWARD, RIGHT & LEFT, ROCK FORWARD, COASTER BACK

1&2      Step right forward, step left behind right, step right forward  
3&4      Step left forward, step right behind left, step left forward  
5&6      Rock right forward, return weight on left, step right next to left  
7&8      Step left back, step right next to left, step left forward

### ROCK & CROSS, STEP TOGETHER ½ TURN LEFT, ROCK & CROSS, STEP TOGETHER

1&2      Rock right to right side, step on left, step right in front of left  
3&4      Step left to left side, right next to left, step left to left side turning ½ left  
5&6      Rock right to right side, step on left, step right in front of left  
7&8      Step left to left side, step right next to left, step left to left side

### TRIPLE STEP BACK, RUMBA BOX BACK

1&2      Step right back, step left back, step right back  
3&4      Step left back, step right back, step left back  
5&6      Step right to right side, step left next to right, step right back  
7&8      Step left to left side, step right next to left, step left forward

### HIP BUMPS FORWARD, SAILOR STEP TURN ¼ RIGHT, SAILOR STEP IN PLACE

1&2      Step right forward bumping hip forward, back, forward  
3&4      Step left forward bumping hip forward, back, forward  
5&6      Swing right leg around behind left turn ¼ right, step on left, step on right  
7&8      Swing left leg around behind right, step on right, step on left next to right

**NOTE: At the end of the dance, facing the 6 o'clock wall, you do not have to turn if you want to finish the dance facing the 12 o'clock wall.**

---