

# Down and Out

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Hiroko Carlsson (AUS) - August 2022  
音樂: Down & Out (And Punked) (feat. Landon Cube & raspy) - Exit & SypSki



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))

(Dance starts on lyrics)

## [S1] Fwd Rock, Scoop, Out, Out-In-In, Coaster Step

1 2 3      Rock forward on R, Replace weight on L, Scoop R forward  
4 5&6      Step diagonally forward on R, Step diagonally forward on L, Step R back to the centre, Step L back to the centre  
7&8      Step back on R, Step L next to R, Step forward on R

## [S2] Paddle Turn R, Cross, Side, Heel, &, Cross, Side

1 2      Touch forward on L, Make a 1/4 turn right recover weight on R (3:00)  
3 4      Cross L over R, Step R to the side  
5 6      Touch diagonally forward on L heel, Step L in place  
7 8      Cross R over L, Step L to the side

## [S3] Reverse Rocking Chair, Step/Sweep 1/2L, Back-Together-Side

1 2 3 4      Rock back on R, Replace weight on L, Rock forward on R, Replace weight on L  
5 6      Making a 1/2 turn left stepping R beside L/Sweeping L foot around over 2 counts (9:00)  
7&8      Step back on L, Step R together, Step L to the side

## [S4] Cross Rock, 1/4R-Full Turn R-Step-Pivot 1/4R-Fwd

1 2 3      Rock/across R over L, Replace weight on L, Make a 1/4 turn right stepping forward on R (12:00)  
4 5      Make a 1/2 turn right stepping back on L, Make a 1/2 turn right stepping forward on R (12:00)  
6 7 8      Step forward on L, Make a 1/4 turn right recover weight on R, Step forward on L (3:00)

No tags or restarts

Ending suggestion: The last wall starts facing 3:00 o'clock  
Dance up to count 29 (3:00), then  
Step (6)-pivot 3/4R (7), Big step L to the side (8) (12:00)

(updated: 8/July/22)