

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)

(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)