

# I'm Down but Not Out

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Pat Newell (USA) - 6 October 2022  
音樂: The Down & Out Blues - Shane Thompson



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## Beginner Starter Series

32 intro + 32 to begin

### Charleston Steps

1-4      Step R fwd, kick L, step L back, touch R back

5-8      Sep R fwd, kick L, step L back, touch R back

### Triple Right rock Recover, triple Left rock recover

1&2 3-4      Triple Right RLR, rock back on L, recover on R

5&6 -7-8      Triple Left LRL, rock back on R, recover on L

### K Step 1/4 left (turn on ct 7-) 9:00

1-4      Step diagonally fwd on R, touch L, step back on L touch R

5-8      Step diagonally back on R, touch L, step 1/4 L touch R 9:00

### 2 riple steps, step fwd hold 1/4 L hold 6:00

1&2, 3&4      Triple fwd RLR, LRL

5-8      Step fwd on R, HOLD, turn 1/4 L on L, (pivot) Hold 6:00

Choreographed by Pat Newell

DANCE FOR THE HEALTH OF IT

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