

# East Bound

拍數: 32      牆數: 4      級數: Improver polka  
編舞者: Danny Leclerc (CAN)  
音樂: East Bound and Down - The Road Hammers



## HEEL TOUCH, TOE TOUCH, POLKA SHUFFLE (2X)

- 1            Heel touch to side slightly forward left
- 2            Toe touch crossed in front left
- 3&4        Polka shuffle to side left-right-left
- 5            Heel touch to side slightly forward right
- 6            Toe touch crossed in front right
- 7&8        Polka shuffle to side pivoting ¼ right at right-left-right

## POLKA SHUFFLE (4)

- 1&2        Polka shuffle to side pivot ¼ right left-right-left
- 3&4        Polka shuffle to side pivot ¼ right right-left-right
- 5&6        Polka shuffle to side pivot ¼ right left-right-left
- 7&8        Polka shuffle to side right-left-right

## HEEL TOUCH, TOE TOUCH, HEEL TOUCH, STEP, TOE TOUCH, HEEL TOUCH, TOE TOUCH, STEP

- 1            Heel touch forward left
- 2            Toe touch backward left
- 3            Heel touch forward left
- 4            Step left back
- 5            Toe touch backward right
- 6            Heel touch forward right
- 7            Toe touch backward right
- 8            Step right forward

## POLKA SHUFFLE, DIG ¼ LEFT

- 1-4        Polka shuffle forward left-right-left, right-left-right
- 5-8        Tap ball of foot forward with emphasis and noise turning ¼ left left-right-left-right

## REPEAT

## TAG

At 2:24, add

- 1-4        Dig forward turning 1 full turn left left-right-left-right