

East Bound

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Maureen Reynolds (AUS)
音樂: East Bound and Down - The Road Hammers



- &1-2& Flick right foot behind left step right to side, step left behind right, step right to side
3&4 Kick left foot to left diagonal, step left next to right, cross right over left
5&6 Side shuffle to left stepping left-right-left
7-8 Touch right behind left, unwind ½ right (weight on left)
- 1&2 Right coaster step: step back on right, step left beside right, step forward on right
3-4 Step forward on left, pivot ½ right
5-6 Rock forward on left, rock back on right
7&8 Turning ½ left shuffle forward left-right-left (optional 1 ½ triple)
- 1-2 Step forward on right, step forward on left,
3&4 Forward right mambo: rock/step forward on right, replace weight to left, step back on right
5-6 Step back on left, step back on right
7&8 Turning ½ left shuffle forward left-right-left
- 1 Step right to right side
2&3 Left sailor: step left behind right, step right to side, step left to left side
4&5 Right sailor: step right behind left, step left to side, step right to side
6-7 Step left behind right, turn ¼ right stepping forward on right
8 Step left to left
- All restarts are from here**
- 1-2 Rock step right behind left, replace weight on left
3&4 Side shuffle right-left-right
5-6 Turning ½ left stepping left to left side (hinge turn), cross rock right over left
7-8 Replace weight onto left, turning ¼ right stepping right forward
- 1&2 Cross samba left moving forward: step left across right, step right to right, replace weight on left
3&4 Cross samba right moving forward: step right across left, step left to left, replace weight on right
5-6 Step forward on left, turn ½ right and flick/kick right forward
7-8 Turning ½ left step down on right, touch left heel forward
- &1 Step left beside right, touch right heel forward
&2 Step right beside left, touch left heel forward
& Step left beside right
3&4& Touch right toe back, step right beside left, touch left heel forward, step left next to right
5-6 Step forward on right, turning ¼ left taking weight onto left
7&8 Cross shuffle over left stepping right-left-right
- 1-2-3&4 Turning ¼ right step back on left, turning ½ right stepping forward on right, shuffle forward left-right-left
5-6-7-8 Cross right over left, step back on left, step right to right, cross left over right,

REPEAT

RESTART

On walls 3 and 6, after count 32, step left to left side turning a $\frac{1}{4}$ right and restart from beginning

On wall 5, after count 32

1-4 Step forward on right, pivot $\frac{1}{2}$ left, step forward on right, pivot $\frac{1}{4}$ left

Restart from beginning
