

Eastbound

拍數: 32 牆數: 4 級數: Beginner
編舞者: Bodil Lilholt Kristensen (DK)
音樂: East Bound and Down - Jerry Reed



SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK, ROCK STEP

1&2 Step forward on right, step left beside right, step forward right
3-4 Rock forward left, recover on right
5&6 Step back on left, step right beside right, step back on left
7-8 Rock back on right, recover on left

CROSS SHUFFLE LEFT, SIDE ROCK, CROSS SHUFFLE RIGHT, SIDE ROCK

1&2 Cross right over left, step left to left side, cross right over left
3-4 Rock to the left on left, recover on right
5&6 Cross left over right, step right to right side, cross left over right
7-8 Rock to the right on right, recover on left

SHUFFLE FORWARD, FULL TURN RIGHT, SHUFFLE FORWARD, ROCK STEP

1&2 Step forward on right, step left beside right, step forward on right
3-4 Make $\frac{1}{2}$ turn right stepping back on left, make $\frac{1}{2}$ turn right stepping forward on right
5&6 Step forward on left, step right beside left, step forward left
7-8 Rock forward on right, recover on left

COASTER STEP, ROCK STEP, COASTER $\frac{1}{4}$ TURN, WALK TWICE, RIGHT, LEFT

1&2 Step back on right, step left beside right, step forward right
3-4 Rock forward on left, recover on right
5&6 Step back left turning $\frac{1}{4}$ to the left, step right beside left, step forward on left
7-8 Walk forward right, walk forward left

REPEAT
