

# Down 'n Out

拍數: 68      牆數: 2      級數: Intermediate  
編舞者: Carol Mckee (AUS)  
音樂: Down 'n' Out - Jill King



## ACROSS, SIDE, ACROSS, SIDE, STEP DOWN, ACROSS, SIDE, ACROSS, SIDE, STEP DOWN

1-2-3&4      Cross right over left, step left to left, cross right over left, step left toe left, step down on right  
5-6-7&8      Cross left over right, step right to right, cross left over right, step right toe right, step down on left

## FORWARD, BACK, TURN SHUFFLE, FORWARD, TURN, SHUFFLE

1-2-3&4      Step forward right, step back left, turn ½ turn right shuffle forward: right-left-right  
5-6-7&8      Step forward left, turn ½ turn right keeping weight on right, shuffle forward: left-right-left

## FORWARD, TOGETHER, SHUFFLE, FORWARD, TOGETHER, SHUFFLE

1-2-3&4      Step forward right, step left next to right, shuffle forward: right-left-right  
5-6-7&8      Step forward left, step right next to left, shuffle forward: left-right-left

## FORWARD, BACK, TURN SHUFFLE, TURN SHUFFLE, TURN SHUFFLE

1-2-3&4      Step forward right, step back left, turn ½ turn right shuffle forward: right-left-right  
5&6-7&8      Turn ½ turn right shuffle back: left-right-left, turn ½ turn right shuffle forward: right-left-right

## SIDE, ROCK, SAILOR STEP, SAILOR STEP, TURN SAILOR STEP

1-2-3&4      Step left to left, rock onto right, step left toe behind right, step right toe right, step down on left  
5&6      Step right toe behind left, step left toe left, step down on right  
7&8      Step left toe behind right, turn ¼ turn left step right to right, step down on left

## HEEL, TOGETHER, TOE, STEP TURN, HEEL, TOGETHER, TOE, FORWARD, BACK, COASTER STEP

1&2      Touch right heel forward, step right next to left, touch left toe next to right  
&3&4      Turn ¼ turn left step onto left, touch right heel forward, step right next to left, touch left toe next to right  
5-6-7&8      Step forward left, step back right, coaster: left-right-left

## SIDE, STEP DOWN, ACROSS, BACK, TOGETHER, SHUFFLE, SHUFFLE

&1-2-3-4      Touch right toe right, step down on left, cross right over left, step back left, step right next to left  
5&6-7&8      Shuffle forward: left-right-left, shuffle forward: right-left-right

## SIDE, STEP DOWN, ACROSS, BACK, TOGETHER, SHUFFLE, SHUFFLE

&1-2-3-4      Touch left toe left, step down on right, cross left over right, step back right, step left next to right  
5&6-7&8      Shuffle forward: right-left-right, shuffle forward: left-right-left

## FORWARD, TURN, FORWARD, FORWARD

1-2-3-4      Step forward right, turn ½ turn left keeping weight left, step forward right, step forward left

## REPEAT

## FINISH

Dance to count 10 then finish with a full turn right triple step