

# Down And Out

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Charles Thornhill (UK)  
音樂: Neon Flame - Terri Clark



## GRAPEVINE RIGHT, QUICK STOMPS

- 1            Step right on right foot
- 2            Cross left foot behind right foot
- 3            Step right on right foot
- 4&          Stomp left and stomp right

## ROCKS AND TURNS

- 5            Rock forward onto left
- 6            Rock back onto right
- 7            Rock backward onto left
- 8            Rock forward onto right
- 9            Step forward on left
- 10          Pivot half-turn to the right
- 11          Step forward on left
- 12          Pivot half-turn to the right

## GRAPEVINE LEFT, QUICK STOMPS

- 13          Step left on left foot
- 14          Cross right foot behind left foot
- 15          Step left on left foot
- 16          Stomp right and stomp left

## ROCKS AND TURNS

- 17          Rock forward onto right
- 18          Rock back onto left
- 19          Rock backward onto right
- 20          Rock forward onto left
- 22          Step forward on right
- 21          Pivot half-turn to the left
- 22          Step forward on right
- 23          Pivot half-turn to the left

## SHUFFLES

- 24&25      Shuffle forward right, left, right
- 26&27      Shuffle forward left, right, left
- 28          Step forward on right
- 29          Pivot half-turn to the left

## KICK-BALL TURN, CLAP

- 30          Kick right forward
- &31        ¼ turn to left as step in place with ball of right foot, lift left slightly
- 32          Clap

## REPEAT

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