

# Down And Out

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Robert Lindsay (UK)  
音樂: Too Bad You're No Good - Trisha Yearwood



## KICK BALL CROSS, TOUCH, TOGETHER (RIGHT & LEFT)

1&2      Kick right foot forward, touch right foot in place, cross left over in front of right  
3-4      Touch right toe to right side, touch right in place  
5&6      Kick left foot forward, touch left foot in place, cross right over in front of left  
7-8      Touch left toe to left side, touch left in place

## TURNING TOE STRUTS WITH SNAPS, STOMP, STOMP

1-2      Step forward on right toe, snap heel to floor and snap fingers  
3-4      Turning ½ turn right, step forward on left toe, snap heel to floor and snap fingers  
5-6      Turning ½ turn right, step forward on right toes, snap heel to floor and snap fingers  
7-8      Stomp left foot beside right twice

## SYNCOPATED OUT & IN, HEEL JACK, HOLD, CROSS, HOLD, GRAPEVINE RIGHT

&1&2      Step left out to left side, step right out to right side, step left into center, step right into center  
&3-4      Step left foot back on left diagonal, touch right heel diagonally forward right, hold  
&5-6      Step back on right foot, cross left over right, hold  
7-10      Step right to right, step left behind right, step right to right touch left beside right taking weight

## HEEL JACK, HOLD, CROSS, HOLD, GRAPEVINE LEFT

&1-2      Step right foot back on right diagonal, touch left heel diagonally forward left, hold  
&3-4      Step back on left foot, cross right over left, hold  
5-8      Step left to left, step right behind left, step left to left, touch right beside left taking weight

## ROCK BACK, SHUFFLE FORWARD, FORWARD LEFT, HOLD, ½ TURN HOLD

1-2      Rock back on right, recover weight forward on left  
3&4      Step right foot forward, step left beside right, step right foot forward  
5-6      Step forward left, hold  
7-8      Pivot ½ turn over the right shoulder, hold

## CHASSE LEFT, ROCK BEHIND, GRAPEVINE RIGHT WITH ¼ TURN RIGHT, TOUCH LEFT

1&2      Step left to left, close right beside left, step left to left  
3-4      Rock right back behind left, recover weight on left  
5-6      Step right to right side, step left behind right  
7-8      Step right to right side making ¼ turn right, touch left beside right

## REPEAT

## TAG

For walls 3, 6 and 8, miss out steps &17&18 (the syncopated out & in) and finish the dance with the last section as follows:

## ROCK BACK, SHUFFLE FORWARD, FORWARD LEFT, ½ TURN, CHASSE LEFT

1-2      Rock back on right, recover weight forward on left  
3&4      Step right foot forward, step left beside right, step right foot forward  
5-6      Step forward left, pivot ½ turn over the right shoulder  
7&8      Step left to left, close right beside left, step left to left

Omit steps 43-48

