

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

