

# Down & Out

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Paul Dornstedt (USA) & Karla Dornstedt (USA)  
音樂: Nobody Knows You When You're Down and Out - Eric Clapton



"Nobody Knows You When You're Down And Out" is one of Gae McKinney's favorite songs. This one is for you Gae.

## **SLOW SWAY LEFT, SWAY RIGHT, SWAY LEFT, SIDE SHUFFLE, ROCK, RECOVER**

1-2      Slowly sway left on left for two counts  
3-4      Sway right on right, sway left on left  
5&6      Step right side right, step left next to right, step right side right  
7-8      Rock left behind right, recover weight forward on right

## **SIDE SHUFFLE, ROCK, RECOVER, TOGETHER, CROSS, HOLD, TOGETHER, ROCK, RECOVER**

1&2      Step left side left, step right next to left, step left side left  
3-4      Rock right behind left, recover weight forward on left  
&5-6      Step right next to left, cross left over right, hold  
&7-8      Step right next to left, cross rock left over right, recover weight back on right

## **SWAY, SWAY, SIDE SHUFFLE, ROCK, RECOVER, ¼ TURN RIGHT TOE STRUT FORWARD**

1-2      Sway left on left, sway right on right  
3&4      Step left side left, step right next to left, step left side left  
5-6      Cross rock right over left, recover weight back on left  
7-8      Turn ¼ right and step forward on right toe, drop right heel and take weight

## **½ TURN RIGHT TOE STRUT BACK, ROCK, RECOVER, TOGETHER, CROSS, SWEEP, CROSS SHUFFLE**

1-2      Turn ½ right and step back on left toe, drop left heel and take weight  
3-4      Rock back on right, recover weight forward on left  
&      Step right next to left facing right forward diagonal  
5      Step left forward across right and bend left knee (facing right forward diagonal)  
6      Sweep right out and forward while going up on ball of left foot (turning slightly left to face left forward diagonal)  
7&8      Cross right over left, step left side left, cross right over left (slightly forward left diagonal)

## **REPEAT**