Nobody Knows You When You're Down and Out

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Sonja Hemmes (USA) - July 2020
Music: Nobody Knows You When You're Down and Out - Eric Clapton

Start on lyrics

LOCK STEP FORWARD, RIGHT & LEFT, ROCK FORWARD, COASTER BACK

1&2	Step right forward, step left behind right, step right forward
3&4	Step left forward, step right behind left, step left forward
5&6	Rock right forward, return weight on left, step right next to left
7&8	Step left back, step right next to left, step left forward

ROCK & CROSS, STEP TOGETHER ½ TURN LEFT, ROCK & CROSS, STEP TOGETHER

1&2	Rock right to right side, step on left, step right in front of left
3&4	Step left to left side, right next to left, step left to left side turning ½ left
5&6	Rock right to right side, step on left, step right in front of left
7&8	Step left to left side, step right next to left, step left to left side

TRIPLE STEP BACK, RUMBA BOX BACK

1&2	Step right back, step left back, step right back
3&4	Step left back, step right back, step left back
5&6	Step right to right side, step left next to right, step right back
7&8	Step left to left side, step right next to left, step left forward

HIP BUMPS FORWARD, SAILOR STEP TURN ¼ RIGHT, SAILOR STEP IN PLACE

1&2	Step right forward bumping hip forward, back, forward
3&4	Step left forward bumping hip forward, back, forward
5&6	Swing right leg around behind left turn ¼ right, step on left, step on right
7&8	Swing left leg around behind right, step on right, step on left next to right

NOTE: At the end of the dance, facing the 6 o'clock wall, you do not have to turn if you want to finish the dance facing the 12 o'clock wall.