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| East Bound and Down |  |

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| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Improver | . |
| **编舞者:** | SWC - May 2019 | | | | |
| **音乐:** | East Bound and Down - Jerry Reed | | | | |
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**Section 1: Chassé R, rock step, Chassé L, rock step**

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| 1 & 2 | Step RF to right (1), step LF next to RF (&), step RF to right (2) |

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| 3 - 4 | Rock step back with LF (3), recover weight back onto RF (4) |

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| 5 & 6 | Step LF to left (5), step RF next to LF (&), step LF to left (6) |

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| 7-8 | Rock step back with RF (7), recover weight back onto LF (8) |

**Section 2: Heel switches, 1/2 turn left, kick-ball-step, 1/4 turn left**

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| 1 & 2 & | Touch R heel forward (1) , step RF next to LF (&), touch L heel forward (2) , step LF next to RF (&) |

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| 3 - 4 | Step forward on RF (3), turn 1/2 left while step forward on LF (4) |

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| 5 & 6 | Kick RF forward (5), step RF next to LF (&), step down on LF (6) |

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| 7 - 8 | Step forward on RF(7), turn 1/4 left when step down on LF (8) |

**Section 3: Heel switches with hook x 2**

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| 1 & 2 & | Touch R heel forward (1) , step RF next to LF (&), touch L heel forward (2) , step LF next to RF (&) |

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| 3 & 4 & | Touch R heel forward (3), hook RF in front of L knee (&), touch R heel forward (4),step RF next to LF (&) |

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| 5 & 6 & | Touch L heel forward (5), step LF next to RF (&), touch RF forward (6), step RF next to LF (&) |

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| 7 & 8 | Touch L heel forward (7), hook LF in front of R knee (&), touch L next to RF (8) |

**Section 4: Ball change, shuffle forward R, shuffle backwards L, bend knees, straigthen up and point index finger**

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| 1& 2 | Step RF forward (1), step LF beside RF (&), step RF forward (2) |

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| --- | --- |
| 3 & 4 | Step LF backwards (3), step RF beside LF (&), step LF backwards (4) |

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| & 5 - 6 | Jump RF out (&) LF out (5)while bend down in both knees, put hands on your thies. Hold (6) |

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| & 7 - 8 | Jump RF in (&), jump LF in and straighten up and point index forward -like a gun (7), Hold(8) |

**Arm styling at count 1-4, swing your right arm above your head like you are throwing a lasso.**

**No Tags, No Restarts. Just dance and have fun.**

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