|  |  |
| --- | --- |
| East Bound |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Improver polka | . |
| **编舞者:** | Danny Leclerc (CAN) | | | | |
| **音乐:** | East Bound and Down - The Road Hammers | | | | |
| . | | | | | | |

**HEEL TOUCH, TOE TOUCH, POLKA SHUFFLE (2X)**

|  |  |
| --- | --- |
| 1 | Heel touch to side slightly forward left |

|  |  |
| --- | --- |
| 2 | Toe touch crossed in front left |

|  |  |
| --- | --- |
| 3&4 | Polka shuffle to side left-right-left |

|  |  |
| --- | --- |
| 5 | Heel touch to side slightly forward right |

|  |  |
| --- | --- |
| 6 | Toe touch crossed in front right |

|  |  |
| --- | --- |
| 7&8 | Polka shuffle to side pivoting ¼ right at right-left-right |

**POLKA SHUFFLE (4)**

|  |  |
| --- | --- |
| 1&2 | Polka shuffle to side pivot ¼ right left-right-left |

|  |  |
| --- | --- |
| 3&4 | Polka shuffle to side pivot ¼ right right-left-right |

|  |  |
| --- | --- |
| 5&6 | Polka shuffle to side pivot ¼ right left-right-left |

|  |  |
| --- | --- |
| 7&8 | Polka shuffle to side right-left-right |

**HEEL TOUCH, TOE TOUCH, HEEL TOUCH, STEP, TOE TOUCH, HEEL TOUCH, TOE TOUCH, STEP**

|  |  |
| --- | --- |
| 1 | Heel touch forward left |

|  |  |
| --- | --- |
| 2 | Toe touch backward left |

|  |  |
| --- | --- |
| 3 | Heel touch forward left |

|  |  |
| --- | --- |
| 4 | Step left back |

|  |  |
| --- | --- |
| 5 | Toe touch backward right |

|  |  |
| --- | --- |
| 6 | Heel touch forward right |

|  |  |
| --- | --- |
| 7 | Toe touch backward right |

|  |  |
| --- | --- |
| 8 | Step right forward |

**POLKA SHUFFLE, DIG ¼ LEFT**

|  |  |
| --- | --- |
| 1-4 | Polka shuffle forward left-right-left, right-left-right |

|  |  |
| --- | --- |
| 5-8 | Tap ball of foot forward with emphasis and noise turning ¼ left left-right-left-right |

**REPEAT**

**TAG**

**At 2:24, add**

|  |  |
| --- | --- |
| 1-4 | Dig forward turning 1 full turn left left-right-left-right |