

# Eastbound and Down

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner - fast  
编舞者: Georgie Mygrant (USA) - August 2023  
音乐: East Bound And Down - Herb Alpert



Intro: 16 counts

**Step Fwd. R/L, Touch R fwd. Touch R Side, Slight diagonally**

1-4      Step R fwd. Touch L to R, Step L fwd. Touch R to L  
5-8      Touch R fwd. Touch R side, Step on L

**Jazz Box ¼ R, Walk back R/L/R/L**

1-4      Step R over L, Step back on L turning ¼ R, Step on R. Step on L  
5-8      Walk back, R/L/R/L (Tiny Steps)

**Side Rock and Hold R/L**

1-4      Step R to R side, Step on L, Step R to L and hold  
5-8      Step L to L side, Step on R, Step L to L and hold.

**Step fwd. R/L/R turn ½ L on R, Step on L, Step fwd. R/L/R, Repeat ½ turn**

1-4      Step R/L/R fwd. turning ½ L on R, Step on L  
5-8      Step fwd. R/L/R turning ½ on R, Step on L

**Start Over! No Tags!**

That's it! Just a nice and fast routine for beginners, but looks advanced! Let me know if you like it and please do not alter routine without my permission.

Thank You, Georgie. I would appreciate your vote if you like it! [mygeo@adamswellsa.com](mailto:mygeo@adamswellsa.com) or [mygrantg@gmail.com](mailto:mygrantg@gmail.com)