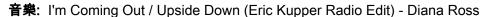
Down and Out



拍數: 32 牆數: 4 級數: Beginner 編舞者: Michelle Risley (UK) & Gary Lafferty (UK) - June 2025





Music Info: 36-count intro, 122 bpm – no tags & no restarts!

SECTION 1: V-STEP ("OUT, OUT, IN, IN"); STEP FORWARD, KICK, STEP BACK, TOUCH			
1-2	Step out to Right diagonal on Right foot, step out to Left diagonal on Left foot		
3-4	Step Right back to centre, step on Left foot beside Right		
5-6	Step forward on Right foot, kick Left foot forward (clap your hands)		
7-8	Step back on Left foot beside Right, touch Right foot back (clap your hands)		

SECTION2: RIGHT SHUFFLE FORWARD, ROCK STEP; LEFT SHUFFLE BACK, ROCK STEP 1&2 Step forward on Right foot, step on Left foot beside Right, step forward on Right foot Rock forward on Left foot, recover weight back onto Right foot Step back on Left foot, step on Right foot beside Left, step back on Left foot Rock back on Right foot, recover weight onto Left foot

SECTION 3: (TURNING 1/4 LEFT) GRAPEVINE TO RIGHT with TOUCH & CLAP

1-2	Turn ¼ Left (facing 9 o'clock) and step to Right on Right foot, cross-step Left foot behind
	Right

3-4 Step to Right on Right foot, touch Left foot beside Right (clap your hands)

OPTIONS! - A BIG ROLLING TURN, OR ANOTHER GRAPEVINE

5-6	Furn $\frac{7}{4}$ Left stepping forward onto Left foot, turn $\frac{7}{2}$ Left stepping back onto Right foot
7-8	Turn ¼ Left stepping to Left on Left foot, touch Right foot beside Left (clap your hands)
5-6	Step to Left on Left foot, cross-step Right foot behind Left
7-8	Step to Left on Left foot, touch Right foot beside Left (clap your hands)

SECTION 4: "DECISIONS, DECISIONS":-)

FOR THE TURNERS – FULL TURN OVER RIGHT SHOULDER – "WALK, WALK SHUFFLE; WALK, WALK, SHUFFLE"

1-2	Step on Right foot, step on Left foot
3&4	Shuffle Right-Left-Right
5-6	Step on Left foot, step on Right foot
7&8	Shuffle Left-Right-Right

In total, these 8 counts will make a full turn around over your Right shoulder and bring you back to where you started from

FOR THE NON-TURNERS - RUMBA BOX WITH SHUFFLES

1-2	Step to Right on Right foot, step on Left foot beside Left
3&4	Step back on Right foot, step on Left foot beside Right, step back on Right foot
5-6	Step to Left on Left foot, step on Right foot beside Left
7&8	Step forward on Left foot, step on Right foot beside Left, step forward on Left foot

START AGAIN

Notes – all the claps are optional, and you can either do all the turns or take them out – your choice!