

Down and Out

拍數: 32 牆數: 4 級數: Beginner
編舞者: Michelle Risley (UK) & Gary Lafferty (UK) - June 2025
音樂: I'm Coming Out / Upside Down (Eric Kupper Radio Edit) - Diana Ross



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)

SECTION 2 : 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
- 3-4 Rock forward on Left foot, recover weight back onto Right foot
- 5&6 Step back on Left foot, step on Right foot beside Left, step back on Left foot
- 7-8 Rock back on Right foot, recover weight onto Left foot

SECTION 3: (TURNING ¼ 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 Turn ¼ Left stepping forward onto Left foot, turn ½ 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! □