

# Down "N" Out

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**Count:** 64      **Wall:** 4      **Level:** Intermediate

**Choreographer:** K.C, Cowboys - October 2018 Version 1;1

**Music:** Down N Out by Jill King, time 3.36 iTunes

**Starts on vocals after count 16. words Down n out - Rotates CCW**

**CROSS, SIDE, SAILOR STEP, BEHIND  $\frac{1}{4}$  TURN,  $\frac{1}{2}$  SHUFFLE**

**1,2,3&4 cross L over R, step R to side, sailor step L,R,L,**

**5,6,7&8 step R behind L,  $\frac{1}{4}$  turn left step L,  $\frac{1}{2}$  turn left shuffle R,L,R (3.00)**

**ROCK, CROSS TRAVELLING SAMBA x 2,  $\frac{1}{2}$  PIVOT TURN,**

**1,2,3&4 rock back L, fwd R, cross samba travelling fwd L,R,L,**

**5&6,7,8 cross samba travelling fwd R,L,R,, step fwd L  $\frac{1}{2}$  pivot turn right**

**$\frac{1}{4}$  TURN, SIDE TOUCHES, KICK BALL CROSS, CROSS SHUFFLE, STEP**

**1,2,3,4  $\frac{1}{4}$  turn right step L to side, touch R next L, step R to side, touch L next R (12.00)**

**5&6&7&8 L kick ball cross, & step L to side, cross R over L, step L to side**

**$\frac{1}{2}$  TURN UNWIND, ROCK, FULL TURN, HOLD**

**1,2,3,4, step R behind L, unwind  $\frac{1}{2}$  turn, rock L over R, take wt. R (6.00)**

**5,6,7,8,  $\frac{1}{4}$  turn left step L,  $\frac{1}{2}$  turn left step back R,  $\frac{1}{4}$  turn left step L to side, HOLD,**

**& CROSS, SIDE, BACK, HEEL & ROCK, COASTER STEP**

**&1,2,3,4 &R tog, cross L over R, step R to side, step back L, R heel fwd,**

**&5,6,7&8 &step R back, rock fwd L, back R, coaster step L,R,L,**

### **STEP ¼ TURN, BEHIND & CROSS, ¼ TURN, COASTER STEP**

**1,2,3&4step fwd R,1/turn left on R, L behind R, &step R to side, cross L over R, (3.00)**

**5,6,7&8step R to side, ¼ turn left on R, coaster step L,R,L,**

### **TWISTY WALK RIGHT LEFT,RIGHT,1/4 TURN,SAILOR STEP, CROSS SAMBA**

**1,2,3,4,twist walk fwd R, L, R, ¼ turn left on R, (9.00)**

**5&6,7&8sailor step L,R,L, ( slightly angled left) Cross samba R,L,R (slightly angled right)**

### **ROCK, FULL TURN,1/4 TURN SIDE ROCK, SIDE SAMBA**

**1,2,3rock L over R, wt back R, ¼ turn left step L,**

**&4 &1/2 turn left step back R, step fwd L (12.00)**

**5,6,7&8¼ left rock step R to side, take wt L, cross samba R,L,R, (9.00)**

### **[64] START AGAIN**

**End wall 1 add 4 count L rocking chair. Wall 3 dance to count 22 add rock L to side wt back R then restart.**

**End wall 4 add 2 x L rocking chairs Wall 5 dance to count 56 restart dance**

**Finish on count 28 wall 7 to front**

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**Last Update - 29 Nov 2018**