

Nobody Knows You When You're Down and Out

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Sonja Hemmes - July 2020

Music: Nobody Knows You When You're Down and Out By: Eric Clapton

Start on lyrics

LOCK STEP FORWARD, RIGHT & LEFT, ROCK FORWARD, COASTER BACK

- 1&2** Step right forward, step left behind right, step right forward
- 3&4** Step left forward, step right behind left, step left forward
- 5&6** Rock right forward, return weight on left, step right next to left
- 7&8** Step left back, step right next to left, step left forward

ROCK & CROSS, STEP TOGETHER ½ TURN LEFT, ROCK & CROSS, STEP TOGETHER

- 1&2** Rock right to right side, step on left, step right in front of left
- 3&4** Step left to left side, right next to left, step left to left side turning ½ left
- 5&6** Rock right to right side, step on left, step right in front of left
- 7&8** Step left to left side, step right next to left, step left to left side

TRIPLE STEP BACK, RUMBA BOX BACK

- 1&2** Step right back, step left back, step right back
- 3&4** Step left back, step right back, step left back
- 5&6** Step right to right side, step left next to right, step right back
- 7&8** Step left to left side, step right next to left, step left forward

HIP BUMPS FORWARD, SAILOR STEP TURN ¼ RIGHT, SAILOR STEP IN PLACE

- 1&2** Step right forward bumping hip forward, back, forward
- 3&4** Step left forward bumping hip forward, back, forward
- 5&6** Swing right leg around behind left turn ¼ right, step on left, step on right
- 7&8** Swing left leg around behind right, step on right, step on left next to right

NOTE: At the end of the dance, facing the 6 o'clock wall, you do not have to turn if you want to finish the dance facing the 12 o'clock wall.

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=143872