

Down And Out

LINEDANCE.COM

Count: 32

Wall: 4

Level: Beginner

Choreographer: 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

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 $\frac{1}{4}$ LEFT) GRAPEVINE TO RIGHT with TOUCH & CLAP

1-2 Turn $\frac{1}{4}$ 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 $\frac{1}{4}$ Left stepping forward onto Left foot, turn $\frac{1}{2}$ Left stepping back onto Right foot

7-8 Turn $\frac{1}{4}$ 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! ☐☐