

EAST BOUND & DOWN 2000

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Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Kathy Hunyadi

Music: East Bound and Down by Jerry Reed

Choreographed for Dance Roundup '99 at Mystic Lake Casino, Prior Lake MN

SHUFFLES FORWARD, SHUFFLES BACK, SHUFFLES FORWARD, WALK BACK, TOUCH, CLAP TWICE

1&2-3&4 Moving toward 1st corner to right of center wall (2:00), right shuffle forward (right, left, right); left shuffle forward (left, right, left)

5&6-7&8 Turn $\frac{1}{4}$ from last corner as you move back (facing 4:00) and right shuffle back (right, left, right); left shuffle back (left, right, left)

1&2-3&4 Turn $\frac{1}{4}$ right from last corner as you travel forward (facing 8:00), right shuffle forward (right, left, right), left shuffle forward (left, right, left)

5-6-7&8 Walk back right, left as you square off to face 9:00; cross right foot over left touching toes to left of left foot; clap twice (&8)

This is the diamond shape like in "Reggae Cowboy". It is 3 successive corners to right, followed by the next wall

LONG SIDE STEP RIGHT, ROLLING 360 VINE LEFT, TOUCH

1-2-3-4 Take long side step right over counts 1-4; touch left toes beside right

5-6-7-8 Turn $\frac{1}{4}$ left as you step forward, continue to turn $\frac{1}{2}$ left stepping back on right, turn $\frac{1}{4}$ left as you step left foot to side; touch right foot beside left

ROCK, STEP, $\frac{1}{2}$ TURN RIGHT, SHUFFLE IN PLACE; $\frac{1}{2}$ TURN RIGHT, STOMP, CLAP TWICE

1-2-3&4 Rock forward on right foot, recover weight to left foot while turning $\frac{1}{2}$ to right, shuffle in place right, left, right

5-6-7&8 Step forward on left foot, turn $\frac{1}{2}$ to right, step right foot in place; stomp left foot forward (taking weight); clap hands twice

REPEAT

This was especially fun to choreograph to! It goes to show that there are some really well phrased old country tunes that are fun to dance to!

-- Kathy Hunyadi

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=56392