

Eastbound & Down

Choreographed by Stephanie Smeers (BE)

Description: 32 counts, 2 wall, Pulse - Polka - Country

Level: Primary Newcomer

Music : ' East Bound & Down' - Jerry Reed (121 BPM)

Official UCWDC competition dance description

Date of usage 8 March 2023 to May 2024

- 1-8 R SIDE ROCK, WEAVE, L SIDE ROCK, WEAVE**
12 Rock RF to side R, replace weight to LF
3&4 Cross step RF behind LF, step LF to side, cross step RF over LF
56 Rock LF to side L, replace weight to RF
7&8 Cross step LF behind RF, step RF to side, cross step LF over RF
- 9-16 FORWARD TRIPLE, FORWARD ROCK, BACK TRIPLE, BACK ROCK**
1&2 Step RF forward, step LF next to RF, step RF forward
34 Rock LF forward, replace weight to RF
5&6 Step LF backward, step RF next to LF, step LF backward
78 Rock RF back, replace weight to LF
- 17-24 3X SIDE TOUCHES, HOLD, 3X SIDE TOUCHES, HOLD**
1&2&3 Touch RF to R side, step RF next to LF, touch LF to L side, step LF next to RF, touch RF to R side
4 Hold
&5&6&7 Step RF next to LF, Touch LF to L side, step LF next to RF, touch RF to R side, step RF next to LF, touch LF to L side,
8 Hold
- 25-32 & 1/4 R JAZZ BOX, 1/4 R JAZZ BOX**
& Step LF next to RF
1234 Cross step RF over LF, step LF back, 1/4 turn R facing 3.00 stepping RF to R side, step LF forward slightly crossed,
5678 Cross step RF over LF, step LF back, 1/4 turn R facing 6.00 stepping RF to R side, step LF forward slightly crossed