

East Bound & Down 2000



Choreographed by: Kathy Hunyadi
Music: **East Bound and Down** by **Jerry Reed** (CD: Super Hits – 128 bpm)
Type: 4 wall, 32 counts
Level: Beginner/Intermediate

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 ¼ 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 ¼ 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 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 ¼ left and step forward, continue to turn ½ left stepping back on right, turn ¼ left and step left foot to side; touch right foot beside left.

ROCK, STEP, ½ TURN RIGHT, SHUFFLE IN PLACE; ½ TURN RIGHT, STOMP, CLAP TWICE

- 1 – 2 – 3 & 4 Rock right forward, recover to left foot while turning ½ to right, triple in place right, left, right.
5 – 6 – 7 & 8 Step left forward, turn ½ to right, step right foot in place; stomp left foot forward (taking weight); clap hands twice.

Start again!