

The Down & Out BLUES ..

COUNT: 32 WALL: 4 LEVEL: EZ Beginner

CHOREOGRAPHER: Val Saari (February, 2020)

MUSIC: The Down & Out Blues, Shane Thompson

Intro 32 counts: begin on the downbeat (right *before* the word "Ain't")

CHARLESTON STEPS

1-2 Step RF forward, Kick LF forward

3-4 Step LF back, Touch RF back

5-6 Step RF forward, Kick LF forward

7-8 Step LF back, Touch RF back

LINDY RIGHT, STEP-FLICKS BEHIND

1&2 Shuffle right, RLR

3-4 Rock back on LF, Recover on RF

5-6 LF Step left, Drag RF toes and flick up behind L

7-8 RF Step right, Drag LF toes and flick up behind R

RUMBA BOX

1-2 Step LF to left side, Step RF beside L

3-4 Step LF forward, Hold

5-6 Step RF to right side, Step LF beside R

7-8 Step RF back, Hold

LINDY LEFT TURN 1/4 R, RF ROCKING CHAIR

1&2 Shuffle left (LRL)

3-4 Rock back on RF Turn 1/4 R, Recover on LF

5-6 Rock RF forward, Recover LF

7-8 Rock RF back, Recover LF

REPEAT