

The Down & Out BLUES ..

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Easy Beginner

Choreographer: Val Saari (CAN) - 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

No Tags, No Restarts

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