

East Bound

32 count, 4 wall, beginner level

Choreographer: Danny LeClerc (Can) June 2006

Choreographed to: East Bound And Down by The Road Hammers

Intro:8 + 16

Pre-intro 8 beats & Intro 16 beats / 4 walls

HT, TT, Polka Shuffle (2X)

| | | |
|-----|---|-----|
| 1 | Heel touch to side slighty forward | L |
| 2 | Toe Touch X in front | L |
| 3&4 | Polka Shuffle to side | LRL |
| 5 | Heel touch to side slighty forward | R |
| 6 | Toe Touch X in front | R |
| 7&8 | Polka Shuffle to side Pivoting ¼ R at 8 | RLR |

Polka Shuffle (4)

| | | |
|-----|-------------------------------------|-----|
| 1&2 | Polka Shuffle to side Piv. ¼ R at 2 | LRL |
| 3&4 | Polka Shuffle to side Piv. ¼ R at 4 | RLR |
| 5&6 | Polka Shuffle to side Piv. ¼ R at 6 | LRL |
| 7&8 | Polka Shuffle to side | RLR |

HT, TT, HT, Back, TT, HT, TT, Fw

| | | |
|---|--------------------|---|
| 1 | Heel Touch Forward | L |
| 2 | Toe Touch Backward | L |
| 3 | Heel Touch Forward | L |
| 4 | Step Back | L |
| 5 | Toe Touch Backward | R |
| 6 | Heel Touch Forward | R |
| 7 | Toe Touch Backward | R |
| 8 | Step Forward | R |

Polka Shuffle, Dig ¼ G**

| | | |
|-----|-------------------------|--------|
| 1-4 | Polka Shuffle Forward | LRLRLR |
| 5-8 | Dig Forward turning ¼ L | LRLR |

**Dig : Hit the floor with the Ball of the feet only, with emphasis and noise, walking, making ¼ turn Left.

* **Tag** at 2 :24 min : Add 4 Dig Forward turning 1 full turn L LRLR