

# East Bound

Nogent-sur-Marne (94), Quetigny (21), St-Médards en Jalles (33) France June 2006  
Tours(37) January 2007, Chenens Switzerland July2007  
Vivonne (86) and Miramas (13) France November 2008

Video <http://fr.youtube.com/watch?v=YsQBZ2d3Aus>  
[encns2003@yahoo.ca](mailto:encns2003@yahoo.ca) <http://www.cowboynationalschool.net>

**Choreographer :** **Danny Leclerc**

**Music:** **East Bound & Down / The Road Hammers**

Level: Beginner 2 (Polka 1 Tag\*)

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

Danny from Québec!