

# EAST BOUND AND DOWN

**CD:** "In Overdrive" by Aaron Tippin (*Amazon.com mp3 download*)

**CHOREO:** Kelli McChesney

**INTRO:** Wait (16) beats / Start with LEFT foot

**Intermediate Line**

**Country music**

**TIME: 2:52**

**SEQUENCE:** Wait 16, CHORUS, A, CHORUS, B, A, B, CHORUS, A, CHORUS, B.

## CHORUS: (32 BEATS)

- (1) **"MOUNTAIN SHUFFLE"** --- DS R(IF)S R(O)S DBL-S(IF)/BRK SRS TCH-SL DR-SL  
 L R LR LR R L LRL R [--BOTH--]  
 &1 & 2 & 3 &a [---- 4 ----] 5&6 & 7 & 8
- (1) **"SCOOP & HIGH HORSE"** --- DBL(X) KICK(O) DBL(B) RS T-SL DS DS RS  
 R R R RL R-R L R LR  
 &1 &2 &3 &4 &5 &6 &7 &8
- (1) **"KENTUCKY SLIDE"** --- DS DRAG/KICK-S(IF) DS T-SL (move left)  
 L L R R L RR
- (1) **"STAMP TURN"** --- DS STA(UP) STA(UP) STA(UP) (turn 360° left)  
 L R R R
- (2) **"FLARES"** --- DBL(O) RS DBL(O) RS (move right)  
 R RL R RL
- (1) **"MOUNTAIN GOAT"** --- DBL(O) R(IF)S R(O)S T-SL  
 R R LR L RR

## PART A: (32 BEATS)

- (1) **"MJ KICKER"** --- DS DS(IB) R-H-FLAP-S RS KICK RS KICK RS  
 (turn ¼ left on beat 3)  
 L R L RR L RL R RL R RL  
 &1 &2 &3 & 4 &5 & 6&7 &8
- (1) **"DIXIE"** --- DS DBL(UP) R-H\* RS (\* - takes weight)  
 R L L R LR
- (1) **"WALK THE DOG"** --- DS DS H\* H\* RS (turn ¼ left on H\* H\*)  
 L R L R LR
- (1) **REPEAT ABOVE (16) BEATS TO FACE FRONT**

## PART B: (32 BEATS)

- (1) **"COWBOY"** --- DS DS DS BR(UP-turn ½ left) DS(IF) RS RS RS  
 L R L R R LR LR LR
- (2) **"UNCLOGS"** --- SK(UP) HS SK(UP) HS  
 L LL R RR
- (2) **"BASICS"** --- DS RS DS RS  
 L RL R LR
- (1) **REPEAT ABOVE (16) BEATS TO FACE FRONT**



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