

# East Coast Switch

**Count:** 48    **Wall:** 1    **Level:**

**Position:** Partner Dance - Line

**Music:** I'm from the country  
I couldn't leave you if I tried - Rodney Crowel

Man Lady *seitenverkehrt*

## Side Steps and Slides, left & right

- 1,2,3,4 L Step left, R Step close, L Step left, R Touch close  
1,2,3,4 R Step right, L Step close, R Step right, L Touch close

## Shuffles, Swings and Turns 3x

- 1&2 L-R-L Side Shuffle left,  
3,4 R Cross Rock back hinter links +  $\frac{1}{4}$  Turn right, L Recover  
1&2 R-L-R Side Shuffle right  
3,4 L Cross Rock back hinter rechts +  $\frac{1}{4}$  Turn left, R Recover  
1&2 L-R-L Side Shuffle left  
3,4 R Cross Rock back hinter links +  $\frac{1}{4}$  Turn right, L Recover

## Steps $1\frac{3}{4}$ Turn right

- 1,2,3,4 R Step, L Step, R Step, L Touch (on Spot +  $\frac{1}{4}$  Turn left)  
L Turn, R Turn, L Turn (zusammen  $1\frac{3}{4}$  Turn right), R Touch forward  
(Arm ist bei Turn gestreckt)

## Shuffle forward and Shuffle back, Rock Step back, Stomp

- 1&2 L-R-L Shuffle forward  
3&4 R-L-R Shuffle back  
5,6 L Rock Step back, R Recover  
7,8 L Step forward mit Stomp - ins Gesicht sehen

## Shuffle, Rock Step back

- 1&2 R-L-R Shuffle back  
L-R-L  $\frac{1}{2}$  Shuffle Turn forward right  
3,4 L Rock Step back, R Recover

## Shuffle forward, $\frac{1}{2}$ Shuffle Turn left, Rock back

- 1&2 L-R-L Shuffle forward (linke Hand nach unten halten)  
3&4 R-L-R  $\frac{1}{2}$  Shuffle Turn forward left (unter eigenem Arm)  
L-R-L  $\frac{1}{2}$  Shuffle Turn forward left  
5,6 L Rock Step back, R Recover

## $\frac{1}{2}$ Shuffle Turn left, Shuffle back, Rock back

- 1&2 L-R-L  $\frac{1}{2}$  Shuffle Turn forward left  
R-L-R  $\frac{1}{2}$  Shuffle Turn forward left (unter eigenem Arm)  
3&4 R-L-R Shuffle back  
5,6 L Rock Step back, R Recover

**Repeat**