Total Chaos



Count: 32 Wand: 4 Ebene: Low Intermediate

Choreograf/in: Nicole Gagne - September 2018

Musik: Love Train - Big & Rich



Intro: Begin on lyrics

SYNCOPATED TOE TOUCHES, AND ROCK STEPS

1&	Touch right side, return right foot home
2&	Touch left side, return left foot home
3&	Touch right together, step right back

4& Touch left together, step slightly forward on left - take weight

5-6 Rock right forward, recover to left
7-8 Rock right back, recover to left
Styling: add arm movements with toe touches

SHUFFLE, 1/2 TURN, ROCK AND SAILOR

1&2	Chassé forward	right-left-right

3-4 Step left forward, making a 1/2 turn right

Rock step to the left with left foot, rock recover to the right
 Sailor step left - cross left behind, step right, step left together

KNEE ROLLS, SYNCOPATED STEPS FORWARD

	1-2	Traveling forward	with weight on the ba	Il of right foot - ste	p forward right and roll right knee
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out to right side, take weight to right foot on count 2 (making circle)

3-4 Step left toe forward, and roll left knee out to left side, take weight to left foot on count 4

5 Stomp right forward

6 Clap

&7 Make a quick step forward bringing left foot behind right, stomp right forward

8& Hold on count 8, cross left behind

TWO 1/8 TURNS LEFT, HIP BUMPS

1-2 With weight to left foot, step right forward, hold on count 2 (clap)

3-4 Swivel heels right, making two 1/8 turns left - completing 1/4 left - weight to right

5-6-7-8 Hip left, hip right, hip left, left **Styling: add shoulder movements with hip bumps**

REPEAT

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