

Sick And Tired

Count: 0

Wand: 1

Ebene: Intermediate

Choreograf/in: Kevin Winn (USA)

Musik: Sick and Tired - Boz Scaggs



Sequence: INTRO-AB-AB-ACCB-ACCB-AC

Start dancing after 48 counts, on the vocals

INTRO

SIDE TOE POINTS WITH CROSS

- 1-2 Point right toe to right side, cross right over left
- 3-4 Point left toe to left side, cross left over right
- 5-6 Point right toe to right side, cross right over left
- 7-8 Kick left forward, pivot $\frac{1}{2}$ right with weight ending on left
- 9-16 Repeat counts 1-8

SECTION A

TWO RIGHT KICK BALL CHANGES, TWO $\frac{1}{4}$ PIVOTS LEFT

- 1&2 Kick right forward & step on right, change weight to left
- 3&4 Kick right forward & step on right, change weight to left
- 5-8 Step forward right, pivot $\frac{1}{4}$ left, (repeat)

SHUFFLE ROCK STEP FORWARD, SHUFFLE ROCK STEP BACK

- 9&10 Shuffle forward right-left-right
- 11-12 Rock forward on left, step in place on right
- 13&14 Shuffle back left-right-left
- 15-16 Rock back on right, step in place on left
- 17-32 Repeat counts 1-16

SECTION B

HIP BUMPS RIGHT AND LEFT

- 1-4 Step forward right on an angle and do a right hip bump and hold for 2-3-4
- 5-8 Step forward left on an angle and do a left hip bump and hold for 6-7-8

SHUFFLE ROCK STEP FORWARD, SHUFFLE ROCK STEP BACK

- 9&10 Shuffle forward right-left-right, rock forward on left, step in place on right
- 13-14 Shuffle back left-right-left
- 15-16 Rock back on right, step in place on left

HIP BUMPS RIGHT AND LEFT

- 17-20 Step forward right on an angle and do a right hip bump and hold for 2-3-4
- 21-24 Step forward left on an angle and do a left hip bump and hold for 6-7-8

MONTEREY TURNS

- 25-26 Point right toe to right side, bring right home while turning $\frac{1}{2}$ right weight ending on right
- 27-28 Point left to left side, bring left home
- 29-32 Repeat counts 25-28

SECTION C

"RODEO KICKS"

- 1-4 Kick forward right, kick side right, sailor step right-left-right
- 5-8 Kick forward left, kick side left, sailor step left-right-left

WALK FORWARD, KICKS, WALK BACK, COASTER STEP

- 9-12 Walk forward right and left, kick right forward twice
13-16 Walk back right and left, coaster step right-left-right
17-24 Repeat 9-16 starting with left

TWO PIVOTS ½ LEFT, STEP & BUMP

- 25-26 Step forward right, pivot ½ left
27-28 Step forward right, pivot ½ left
29&30 Step forward right on an angle while bumping right & bump left, bump right
31&32 Step forward left on an angle while bumping left, bump right, bump left

STEP & BUMP, WALK BACK AND TRIPLE STEP

- 33&34 Step forward right on an angle while bumping right & bump left, bump right
35&36 Step forward left on an angle while bumping left, bump right, bump left
37-40 Walk back right and left, triple step right-left-right

WALK BACK AND TRIPLE STEP, POINT, CROSS, UNWIND, CLAP

- 41-44 Walk back left and right, triple step left-right-left
45-46 Point right toe to right side, cross right over left
47-48 Turn ½ left weight ending on left, clap.

At the very end of the dance do a full turn instead of a half turn to face original wall.
