

# Triggered!

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: PJ (UK)

Musik: You Turn Me On - Tim McGraw



This dance is the same as my dance called "Stuck Together", plus 16 more counts

## **SYNCOPATED LOCK STEPS FORWARD, ROCK FORWARD, RECOVER, SHUFFLE $\frac{3}{4}$ TURN RIGHT**

- 1-2& Step forward on right foot, lock left behind right, step forward on right foot  
3-4& Step forward on left foot, lock right behind left, step forward on left foot  
5-6 Rock forward on to right foot, recover weight back on to left foot  
7&8 Shuffle  $\frac{3}{4}$  turn right, stepping right left right

## **SIDE SHUFFLE, ROCK BACK, RECOVER, KICK BALL CROSS, SIDE ROCK, RECOVER**

- 9&10 Step left foot to left side, close right beside left, step left foot to left side  
11-12 Rock back on right foot, recover weight forward on to left foot  
13&14 Kick right foot forward, step right foot slightly to right side, cross left over right  
15-16 Rock right foot to right side, recover weight on to left foot

## **SAILOR $\frac{1}{4}$ TURN, ROCK FORWARD, RECOVER, LEFT SHUFFLE BACK, $\frac{1}{2}$ TURN RIGHT SHUFFLE FORWARD**

- 17&18 Cross right behind left, make  $\frac{1}{4}$  turn right stepping left foot to left side, step right foot in place  
19-20 Rock forward on left foot, recover weight back on to right foot  
21&22 Step back on left foot, close right beside left, step back on left foot  
23&24 Make  $\frac{1}{2}$  turn right stepping forward on to right foot, close left beside right, step forward on right

## **ROCK, RECOVER, SHUFFLE FULL TURN LEFT (OR COASTER STEP), JAZZ JUMP FORWARD & BACK WITH CLAPS**

- 25-26 Rock forward on left foot, recover weight back on to right foot  
27&28 Shuffle full turn left, stepping left right left (alternative option: left coaster step)  
&29-30 Jump forward landing right (&), left (29), clap (30)  
&31-32 Jump back landing right (&), left (31), clap (32)

## **SYNCOPATED HIP BUMPS FORWARD & BACK, COASTER STEP TWICE**

- 33&34& Touch right toe forward angling body to left diagonal bumping hips forward, back, forward, back  
35&36 Step back on right foot, close left beside right, step forward on right foot  
37&38& Touch left toe forward angling body to right diagonal bumping hips forward, back, forward, back  
39&40 Step back on left foot, close right beside left, step forward on left foot

## **ROCK, RECOVER, SHUFFLE $\frac{1}{2}$ TURN RIGHT, ROCK, RECOVER, $\frac{3}{4}$ SHUFFLE TURN LEFT**

- 41-42 Rock forward on right foot, recover weight back on to left foot  
43&44 Shuffle  $\frac{1}{2}$  turn right, stepping right left right  
45-46 Rock forward on left foot, recover weight back on to right foot  
47&48 Shuffle  $\frac{3}{4}$  turn left, stepping left right left

## **RIGHT VINE WITH HEEL JACK, LEFT VINE WITH HEEL JACK**

- 49-50 Step right foot to right side, cross left behind right  
&51&52 Step right foot slightly back, touch left heel to forward left diagonal, step left foot in place, cross right over left

- 53-54 Step left foot to left side, cross right behind left  
&55&56 Step left foot slightly back, touch right heel to forward right diagonal, step right foot in place, cross left over right
- SIDE ROCK, RECOVER, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN LEFT**
- 57-58 Rock right foot to right side, recover weight to left foot  
59&60 Step forward on right foot, close left beside right, step forward on right foot  
61-62 Rock forward on left foot, recover weight back on to right foot  
63&64 Shuffle ½ turn left, stepping left right left

**REPEAT**

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