

# Tired

Count: 64

Wall: 2

Level: Easy Intermediate

Choreographer: Daniel Trepate (NL), Roy Verdonk (NL) & Sebastiaan Holtland (NL) - August 2017

Music: Tired (Kygo Remix) - Alan Walker & Gavin James : (iTunes & other mp3 sites)



Tag : after wall 3 there is a 4 count tag ( facing 6.00 o' clock)

## Section 1 Kick/Ball/Cross, Side Rock/Recover, Back Rock/Recover, Chasse R

- 1&2 Rf kick diagonally forward right, Rf step together(&), Lf cross in front of Rf
- 3-4 Rf rock right, recover onto Lf
- 5-6 Rf rock back, recover onto Lf
- 7&8 Rf step right, Lf step together(&), Rf step right

## Section 2 Back Rock/Recover, Side, Behind, Full Turn L, Chasse L

- 1-2 Lf rock back, recover onto Rf
- 3-4 Lf step left, Rf cross behind Lf
- 5-6 make 1/4 turn left stepping Lf forward (9.00), make 1/2 turn left stepping Rf back (3.00)
- 7&8 make 1/4 turn left stepping Lf left (12.00), Rf step together(&), Lf step left

## Section 3 Cross, Point L, Cross, 1/4 Turn L, Back, Triple Back L, Rock Back/Recover

- 1-2 Rf cross in front of Lf, Lf point left
- 3-4 Lf cross in front of Rf, make 1/4 turn left stepping Rf back (9.00)
- 5&6 Lf step back, Rf step together(&), Lf step back
- 7-8 Rf rock back, recover onto Lf

## Section 4 Point R, Cross, Point L, Cross, Jazz box R With 1/4 Turn R

- 1-2 Rf point right, Rf cross in front of Lf
- 3-4 Lf point left, Lf cross in front of Rf
- 5-6 Rf cross in front of Lf, make 1/4 turn right stepping Lf back (12.00)
- 7-8 Rf step right, Lf step forward

## Section 5: Irish Tap Section, Chasse R

- 1&2& Rf touch heel forward, step together(&), Lf touch heel forward, Lf step together
- 3&4& Rf touch behind Lf, Rf small step back(&), Lf touch heel forward, Lf step back in place (&)
- 5&6 Rf brush forward, Rf cross in front of Lf(&), Lf step back
- 7&8 Rf step right, Lf step together (&), Rf step right

## Section 6 Cross, Side, Behind/Side/Heel, Ball/Cross, Side, Sailor Step With 1/4 Turn R

- 1-2 Lf cross in front of Rf, Rf step right
- 3&4 Lf cross behind Rf, Rf small step right(&), Lf touch heel diagonally forward left
- &5-6 Lf step together(&), Rf cross in front of Lf, Lf step left
- 7&8 Rf cross behind Lf, make 1/4 turn right stepping Lf slightly left (&), Rf step forward (3.00)

## Section 7 Toe Heel Struts (L, R, L, R) With Finger Snaps

- 1-2 Lf touch toes forward, Lf drop heel down snapping fingers down next to body
- 3-4 Rf touch toes forward, Rf drop heel down snapping fingers next top body
- 5-6 Lf touch toes forward, Lf drop heel down snapping fingers down next to body
- 7-8 Rf touch toes forward, Rf drop heel down snapping fingers next top body

## Section 8 Rock Forward/Recover, Triple With 1/2 Turn L, 1/4 Turn R, Brush/Ball/Cross

- 1-2 Lf rock forward, recover onto Rf

- 3&4            make 1/4 turn left stepping Lf left(12.00), Rf step together(&), make 1/4 turn left stepping Lf forward (9.00)
- 5-6            Rf step forward, make 1/4 turn left stepping Lf left (6.00)
- 7&8            Rf brush diagonally forward right, Rf step together (&), Lf cross in front of Rf

**Tag : after wall 3 (facing 6.00) you will do 4 count Tag**

**Hip Sways**

- 1-2            Rf step right swaying hips right, sway hips left
- 3-4            sway hips right, sway hips left (taking weight onto Lf)
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