

Tired Man (Key Worker)

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Aris Liepins (SCO) - January 2021

Music: L'uomo stanco - Orchestra Mario Riccardi



Start on main beat just after vocal

S1. Figure "8" shaped walks

- 1,2 Walk forward diagonally on Left across Right angling body, Hold
- 3,4 Walk forward diagonally on Right across Left angling body, Hold
- 5,6,7,8 Repeat (Add light flicks for styling)

S2. Rock Step, Shuffle, Step, Unwind Turn, Step, Slide

- 1,2 Rock forward on Left, recover
- 3&4 Shuffle backward Left, Right, Left
- 5,6 Step back on Right, Unwind turn $\frac{1}{2}$ to right
- 7,8 Slide left toe next to Right, hold (no weight) (6:00)

S3. Walk, Pivot, Coaster step, Mambo step, Slide

- 1,2& Step forward on Left, Right, Pivot $\frac{1}{2}$ to left
- 3&4 Step back on Left, together on Right, forward on Left
- 5,6 Rock forward on Right, recover
- 7,8 Step slightly back on Right, slide together Left toe (no weight) (12:00)

S4. Walk, Pivot, Sweep (2x)

- 1,2 Walk forward Left, Right
- 3,4 Pivot $\frac{1}{2}$ to left on Right, Sweep left toe slightly backward (no weight)
- 5,6,7,8 Repeat (12:00)

S5. Step side, together, Shuffle, Step, Pivot, Slide

- 1,2 Step Left to left, Right together
- 2&4 Into a $\frac{1}{4}$ left turn Shuffle forward Left, Right, Left
- 5,6 Step forward on Right, Pivot $\frac{1}{2}$ to left
- 7,8 Slide Left toe together, Hold (no weight) (3:00)

S6. Lock step, Shuffle, Pivot, Slide

- 1,2 Step Left forward, Lock Right behind
- 3&4 Shuffle forward Left, Right, Left
- 5,6 Step forward on Right, Pivot $\frac{1}{2}$ to left
- 7,8 Slide Left toe together, Hold (no weight) (9:00)

S7. Cross Rock Step, Shuffle, Step, Pivot, Slide

- 1,2 Rock on Left across Right, Recover
- 3&4 Into a $\frac{1}{4}$ left turn shuffle forward Left, Right, Left
- 5,6 Step Right forward, Pivot $\frac{1}{4}$ to left
- 7,8 Slide together Left toe, Hold (no weight) (3:00)

S8. Steps side, behind, Shuffle, Step, Pivot, Slide

- 1,2 Step Left to left, behind on Right
- 3&4 Into a $\frac{1}{4}$ left turn shuffle forward Left, Right, Left
- 5,6 Step Right forward, Pivot $\frac{1}{4}$ to left
- 7,8 Slide together Left toe, Hold (no weight) (9:00)

Repeat

**The dance has 7 complete walls and ends on section 5 (6:00) .
Add Walk on Left, Right, pivot $\frac{1}{2}$ to left to face the wall 1 again.**
