

# Tjukken

Count: 0

Wall: 1

Level: Improver

Choreographer: Michael Andersson (SWE)

Music: Nei, så tjukk du har blitt - Ole Ivars



Sequence: AABBC, AABBC, AABBC, AA, D  
3rd place in Norwegian Country & Western Dance Championships 2003

## PART A

### EXTENDED WINE RIGHT, KICK

- 1-2 Step right to right, hold
- 3-4 Cross left behind right, hold
- 5-6 Step right to right, cross left in front of right
- 7-8 Step right to right, kick left forward

### EXTENDED WINE LEFT, KICK

- 1-2 Step left to left, hold
- 3-4 Cross right behind left, hold
- 5-6 Step left to left, cross right in front of left
- 7-8 Step left to left, kick right forward

### ¼ PIVOT RIGHT, ½ PIVOT RIGHT, COASTER STEP

- 1-2 ¼ turn right stepping right, hold
- 3-4 ½ turn right stepping back on left, hold
- 5-6 Step back on right, left next to right
- 7-8 Step right forward, hold

### RUNNING STEPS FORWARD WITH HITCH AND JUMP TWICE

- 1-2 Step forward with left, step forward with right
- 3-4 Step forward on left, small jump on left & hitch right
- 5-6 Step forward with right, step forward with left
- 7-8 Step forward on right, small jump on right & hitch left

### STEP BACK WITH KICK TWICE, SAILOR TURN ¼ LEFT

- 1-2 Step back on left, kick right forward
- 3-4 Step back on right, kick left forward
- 5-6 Cross left behind right, step right to right
- 7-8 Turn ¼ left step forward on left, hold

## PART B

### STEP OUT TWICE, CENTER TWICE

- 1-2 Step right to right, hold
- 3-4 Step left to left, hold
- 5-6 Step right to center, hold
- 7-8 Step left to center, hold

### PUSH STEPS WITH ¾ TURN LEFT

- 1-2 Push step to right, hold
- 3-4 ¼ turn left & push step to left, hold
- 5-6 ¼ turn left & push step to right, hold
- 7-8 ¼ turn left & push step to left, hold

### **SLOW SHUFFLE BACK, SLOW TRIPLE TURN LEFT**

- 1-2 Step back on right, left next to right
- 3-4 Step back on right, hold
- 5-6 Left lock behind right  $\frac{1}{4}$  turn left, step right to right
- 7-8  $\frac{1}{4}$  turn left step forward on left, hold

### **SIDE ROCK, CROSS, SIDE ROCK, CENTER**

- 1-2 Step right to right, recover on left
- 3-4 Step right in front of left, hold
- 5-6 Step left to left, recover onto right
- 7-8 Step left next to right, hold

### **PART C**

#### **JAZZ BOX WITH $\frac{1}{2}$ TURN RIGHT**

- 1-2 Cross right in front of left, step back on left turning  $\frac{1}{4}$  right
- 3-4 Step right on right turning  $\frac{1}{4}$  right, step left next to right

### **PART D**

#### **OUT TWICE, IN TWICE**

- 1-2 Step right out, step left out
- 3-4 Step right to center, step left to center
- 5-6 Step right out, step left out
- 7-8 Step right to center, step left to center

#### **CROSS UNWIND, KICK & POINT**

- 1-2 Cross right in front of left
  - 3-4 Unwind full turn left
  - 5&6 Kick & point
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