

# Triggered!

Count: 64

Wall: 4

Level: Intermediate

Choreographer: PJ (UK)

Music: 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 ¾ 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 ¾ 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 ¼ TURN, ROCK FORWARD, RECOVER, LEFT SHUFFLE BACK, ½ TURN RIGHT SHUFFLE FORWARD**

- 17&18 Cross right behind left, make ¼ 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 ½ 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 ½ TURN RIGHT, ROCK, RECOVER, ¾ SHUFFLE TURN LEFT**

- 41-42 Rock forward on right foot, recover weight back on to left foot
- 43&44 Shuffle ½ turn right, stepping right left right
- 45-46 Rock forward on left foot, recover weight back on to right foot
- 47&48 Shuffle ¾ 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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