

Forget Your Troubles

Count: 64

Wall: 1

Level: Intermediate

Choreographer: Noel Bradey (AUS), Michael Vera-Lobos (AUS), Jan Wise (AUS) & Michael Cohen (AUS)



Music: Lost In the Shuffle - Michael Peterson

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- 1&2&3-4 Kick right foot forward, jump back on right beside left placing left heel 45 degrees left, jump left beside right stepping forward on right, pivot ½ turn left
- 1-2-3&4 Cross right over left, kick left foot to left side, cross shuffle left over right (left-right-left)
- 1&2&3-4 Point right toe to right side, jump right beside left to point left toe to left side, jump left beside right crossing right over left, unwind ½ turn left (end weight on right)
- 1&2&3-4 Tush push-touch left heel forward, jump left beside right touching right heel forward, jump right beside left touching left heel forward, clap
- &1-2-3-4 Step back on left pushing off to step forward on right, step left beside right, double heel bounce
- 1-2-3&4 Tossed feathers: scuff right toe 45 degrees left, scuff right heel across left, shuffle right side right (right-left-right)
- 1-2-3&4 Tossed feathers: scuff left toe 45 degrees right, scuff left heel across right, shuffle left side left (left-right-left)
- 1-2-3&4 Rock forward on right, rock back on left, turn ¾ turn right (paddle turn right-left-right)
- 1-2-3&4 Rock forward on left, rock back on right, turn ¾ turn left (paddle turn left-right-left)
- 1&2-3&4 Touch right heel 45 degrees right, jump back on right crossing left over right, touch right heel 45 degrees right, jump back on right crossing left over right (traveling right)
- 1-2 Step right to right rocking weight onto right, rock weight back onto left
- 1&2-3&4 Sailor steps: cross right behind left, step left to left, step right in place, cross left behind right, step right to right, step left in place
- 1-2 Touch right behind left turning ¾ turn right (keeping weight on left)
- 1&2-3&4 Shuffle forward right, shuffle forward left
- 1-2 Rock forward right, rock back on left
- 1&2 Traveling back turn 540 degrees right (1 ½ turn) stepping right-left-right
- 1&2-3&4 Shuffle forward left, shuffle forward right
- 1-2 Rock forward left, rock back right
- 1&2 Turn left (1 ¼ turn stepping left-right-left)

REPEAT

At the end of walls two and five, add the following steps:

TRAVELING FORWARD, BOX STEP-TRAVELING BACK

1&2-3&4 Kick right ball change, Kick right ball change

5-8 Cross right over left, Step back on left, Step right to right side Step left beside right
