

Sick & Tired

Count: 64

Wall: 2

Level: Improver

Choreographer: PJ Badrick (UK) - September 2012

Music: High Time - Toby Keith : (CD: Clancy's Tavern - Deluxe Edition - iTunes)



Intro: 32 counts

RIGHT HEEL GRIND/ROCK, RECOVER, ROCK BACK, RECOVER, STEP, TOUCH, STEP BACK, KICK

- 1-2 Rock right forward heel (grinding heel into floor turning toes out), recover back to left
- 3-4 Rock right back, recover to left
- 5-6 Step right forward, touch left together
- 7-8 Step left back, kick right forward

RIGHT COASTER STEP, SCUFF, LEFT LOCK STEP FORWARD WITH SCUFF

- 9-12 Step right back, step left together, step right forward, scuff left forward
- 13-16 Step left forward, lock right behind left, step left forward, scuff right forward

STEP, ½ TURN LEFT, STEP, HOLD, FULL TURN RIGHT (OR WALK FORWARD), STEP, SCUFF

- 17-20 Step right forward, turn ½ left, step right forward, hold (6:00)
- 21-22 Turn ½ right and step back to left, turn ½ right and step forward to right (6:00)
- 23-24 Step left forward, scuff right forward

RIGHT JAZZ ¼ TURN, CROSS, SIDE, BEHIND, SIDE, TOUCH

- 25-26 Cross right over left, turn ¼ right and step left back (9:00)
- 27-28 Step right side, cross left over right
- 29-30 Step right side, cross left behind right
- 31-32 Step right side, touch left toe in place

SIDE STEP LEFT, TOUCH, ½ MONTEREY TURN WITH SIDE ROCK, RECOVER, CROSS, HOLD

- 33-34 Step left side, touch right together
- 35-36 Touch right side, on ball of left turn ½ right closing right beside left (Monterey) (3:00)
- 37-40 Rock left side, recover to right, cross left over right, hold

TURN ½ LEFT WITH CROSS, HOLD, STEP LEFT, TOUCH, STEP RIGHT, TOUCH

- 41-42 Turn ¼ left and step right back, turn ¼ left and step left side (9:00)
- 43-44 Cross right over left, hold
- 45-48 Step left side, touch right toe in place, step right side, touch left toe in place

SIDE STEP LEFT, TOUCH, ½ MONTEREY TURN WITH SIDE ROCK, RECOVER, CROSS, HOLD

- 49-50 Step left side, touch right together
- 51-52 Touch right side, on ball of left turn ½ right closing right beside left (Monterey) (3:00)
- 53-56 Rock left side, recover to right, cross left over right, hold

SIDE ROCK, RECOVER, CROSS, SIDE, BEHIND, ¼ TURN, STEP, ½ TURN

- 57-60 Rock right side, recover to left, cross right over left, step left side
- 61-62 Cross right behind left, turn ¼ left and step left forward (12:00)
- 63-64 Step right forward, turn ½ left (6:00)

REPEAT