

# Social DisDancing

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Rex Allott (UK) - April 2020

Musique: Sick and Tired - Boz Scaggs



## Intro. On vocal - 48 beats

### S.1. K shape R toe touches, cross R over L, rpt L

- 1-2. Touch R toe diagonally forward R, return
- 3-4. Touch R toe back R, Cross R over L
- 5-6. Step L toe diagonally forward L, return
- 7-8. Touch L toe back L, Cross L over R

### S.2. Turn 1/8 R, toe, heel taps back, fwd, back, Rpt. L.

- 1-2. Turn 1/8 R, tap R toe back, tap R heel fwd
- 3-4. Tap R toe back, step L next to R & straighten up
- 5-6. Turn 1/8 L, tap L toe back, tap L heel fwd
- 7-8. Tap L toe back, step L next to R & straighten up

### S.3. Reverse K shape toe touches, cross R over L, rpt L

- 1-2. Touch R toe back R, return
- 3-4. Touch toe R diagonally fwd R, Step R over L
- 5-6. Touch L toe back L, Recover on R
- 7-8. Step L diagonally forward L, Step L over R

### S.4. Rpt S.2.

### S.5. L Cross 1/4 Turn R, R Cross 1/4 Turn L, Cross Shuffle 1/4 Turn L

- 1-2. Turning 1/4 R, step L over R, Step R next to L
- 3-4. Turning 1/4 L, step R over L. Step R, next to R
- 5-8. Turning 1/4 L, step R over L, step L next to R, step R over L, hold
- 7-8. Step R over L, Step L next to R

### S.6. R Cross, Heel, Toe, Heel, L Cross, Heel, Toe, Heel

- 1-2. Touch R toe beside L, touch R heel fwd
- 3-4. Touch R toe beside L, step R next to
- 5-6. Crossing R over L, touch toe beside R, touch R heel fwd
- 7-8. Touch L toe beside R, Step L next to R

## Tag.

### S.1. Jump Cross R, L, R, Rock R Forward, Return

- 1-2. Cross R over L, pause
- &3-4. Jump up on R, Cross L over R, pause
- &5-6. Jump up on L, Cross R over L, pause
- 7-8. Step R forward, Recover on L

### S.2. 1/2 Turn L, 1/2 Turn R, Rock L Forward, Return, R Coaster Step

- 1-2. Step L back, making 1/2 Turn L, pause
- 3-4. Step L forward next to R, making 1/2 Turn R, pause
- 5-6. Step R forward, Step back on L
- 7&8. Step R back, Step L next to R, Step R forward

### S.3. Syncopated Vine R, L Back Cross, Return

- 1-2. Step R to R, step L behind R
- &3-4. Step R to R, step L over R , Step R to R
- 5-6. Step L back behind R, recover on R
- 7-8. Step L to L, step R next to L

#### **S.4. Syncopated Vine L, 3/4 Cross Turn R**

- 1-2. Step L to L, step R behind L
- &3-4. Step L to L, cross R over L, step L toL
- 5-6. Turning 1/2 R, step L over R, Step R to R
- 7-8. Turning 1/4 R, step L over R, Step R next to L

**Tag after 1st S.6. (Wall 2, 9 o'clock)**

**Tag after 2nd S.4. (Wall 3, 6 o'clock)**

**Restart after 3rd S.4. (Wall 4 3 o'clock, start of guitar break)**

**Tag after 3rd S.6. (Wall 6, 9 o'clock, end of guitar break)**

**Restart after 6th S.4. (Wall 8, 6 o'clock, start of saxophone break)**

**Tag after 5th S.6. (Wall 9, 12 o'clock, end of saxophone break)**

**Restart after 9th S.4. (Wall 10, 9 o'clock)**

**Finish with 1/2 Paddle Turn R on last 4 beats of final F.6. to face 12 o'clock.**

**Last Update - 9 Oct. 2021**

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