

# Everyday Distraction

**Compte:** 48

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Max Perry (USA)

**Musique:** Button Off My Shirt - Ronnie Milsap



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## **WALK FORWARD, FORWARD, FORWARD, MAMBO ROCK FORWARD, BACK TURNING ¼ RIGHT, SIDE, CROSS IN FRONT, FORWARD TURNING ¼ RIGHT, MAMBO ROCK FORWARD**

- 1-2-3-4& Walk forward right, left, right, rock left forward, step right in place (recover)  
5 Step left back and turn ¼ right  
6&7 Step right to right side, cross left over right, turn ¼ right and step right forward (6:00)  
8& Rock left forward, step right in place (recover)

## **DIAGONAL STEP BACK, TOUCH HEEL FORWARD, DIAGONAL STEP BACK, TOUCH HEEL FORWARD, BACK ROCK, ¼ PIVOT TURN RIGHT**

- 1-2-3-4 Step left diagonally back, touch right heel forward, step right diagonally back, touch left heel forward  
5-6-7-8 Rock left back, step right in place (recover), step left forward & turn ¼ right, step right in place

## **CROSS, SIDE, SAILOR SHUFFLE, CROSS, SIDE, SAILOR SHUFFLE**

- 1-2 Cross left over right, step right to right side  
3&4 Cross left behind right, step right to right side, step left in place  
5-6 Cross right over left, step left to left side  
7&8 Cross right behind left, step left to left side, step right in place

## **CROSS, POINT, CROSS, POINT, JAZZ BOX TURNING ½ LEFT, SHUFFLE FORWARD**

- 1-2-3-4 Cross step left over right, touch right toe to right side, cross step right over left, touch left toe to left side  
5-6 Cross left over right starting to turn left, step right back finishing a ½ turn left  
7&8 Left shuffle forward - left, right, left

## **4 - ¼ PIVOT TURNS**

- 1-2 Step right forward & turn ¼ left, step left in place  
3-4 Step right forward & turn ¼ left, step left in place  
5-6 Step right forward & turn ¼ left, step left in place  
7-8 Step right forward & turn ¼ left, step left in place

## **FORWARD ROCK TO ½ RIGHT TURN, FORWARD TRIPLE, ½ PIVOT TURN RIGHT, FORWARD TRIPLE**

- 1-2 Rock right forward, step left in place & turn ½ right  
3&4 Right shuffle forward - right, left, right  
5-6 Step left forward & turn ½ right, step right in place  
7&8 Left shuffle forward - left, right, left

**REPEAT**

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