

# Sick & Tired

**Compte:** 40

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Shirley Blankenship (USA) - June 2013

**Musique:** Sick and Tired - Boz Scaggs : (Album: Come On Home - 1997)



## Start On Vocal

### Charleston Steps

1-2 Point Right Toe Forward, Right Toe Behind (Step)

3-4 Point Left Toe Back, Left Toe Forward (Step)

5-8 Repeat

**Option- Use Sweeping Motion With Steps, And Swing Arms Forward And Back**

### Step, Lock, Step, Brush, Right And Left

1-4 Forward Right, Left Behind, Step Right, Brush Left

5-8 Forward Left, Right Behind, Step Left, Brush Right

### Side Rock, Cross, Hold, Right And Left,

1-2 Side Rock Right, Recover Left

3-4 Right Cross Left , Hold

5-6 Side Rock Left, Recover Right

7-8 Left Cross Right, Hold

### Vine, Right And Left, Brush

1-4 Step Right Side, Left Behind, Step Right, Left Brush

5-8 Step Left To Side ,Right Behind, Step Left,Right Brush

### Toe Strut Jazz 1/4 Right

1-2 Cross Right Over Left ,Drop Right Heel

3-4 Step Left Toe Back, Drop Left Heel

5-6 Step 1/4 Right Toe,Drop Right Heel

7-8 Step Left Toe Forward, Drop Right Heel

**Repeat,**

**Have Fun, Enjoy**

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