

Think Too Much

拍数: 48 墙数: 2 级数: Improver
编舞者: Adam Åstmar (SWE) & Malene Jakobsen (DK) - March 2023
音乐: Shut Me Up - Nicky Youre : (iTunes)



Intro: 4 counts from start of track, approx. 2 seconds – Dance begins with weight on LF.

Sect - 1: Side, Touch. Side, Touch. Chasse ¼ R. Side, Touch. Side, Touch. Chasse L.

1 & 2 & Step RF to R (1). Touch LF next to RF (&). Step LF to L (2). Touch RF next to LF (&).
3 & 4 Step RF to R (3). Step LF next to RF (&). Turn 1/4 R stepping fwd. on RF (4). {3:00}
5 & 6 & Step LF to L (5). Touch RF next to LF (&). Step RF to R (6). Touch LF next to RF (&).
7 & 8 Step LF to L (7). Step RF next to LF (&). Step LF to L (8).

Sect - 2: Cross rock, Turn ¼ R. Walk, Walk. Step ½ Turn, Run Fwd.

1 & 2 Cross Rock RF over LF (1). Recover on LF (&). Turn 1/4 R stepping fwd. on RF (2). {6:00}
3 – 4 Walk fwd. on LF, RF (3, 4).
5 – 6 Step fwd. on LF (5). Turn 1/2 R placing weight on RF (6). {12:00}
7 & 8 Run fwd. on LF, RF, LF (7 & 8) (It's not a shuffle)

Sect - 3: Mambo Fwd. Coaster Cross. Walk ½ R, Shuffle Fwd.

1 & 2 Rock fwd. on RF (1). Recover on L (&). Step slightly back on RF (2).
3 & 4 Step back on LF (3). Close RF next to LF (&). Cross LF over RF (4).
5 – 6 Walk fwd. on RF, LF, making ½ turn R (5, 6). {6:00}
7 & 8 Step forward on RF (7). Close LF next to RF (&). Step forward on RF (8).

Sect - 4: Mambo Fwd. Coaster Cross. Side Rock. Behind-Side-Cross.

1 & 2 Rock fwd. on LF (1). Recover on RF (&). Step slightly back on LF (2).
3 & 4 Step back on RF (3). Close LF next to RF (&). Cross RF over LF (4).
5 – 6 Rock LF to L (5). Recover on RF (6).
7 & 8 Cross LF behind RF (7). Step RF to R (&). Cross LF over RF (8).

Sect - 5: Back ¼ L. Side. Cross Shuffle, Back ¼ R. Side, Cross Shuffle.

1 – 2 Turn ¼ L stepping back on RF (1). Step LF to L (2). {3:00}
3 & 4 Cross RF over LF (3). Step LF to L (&). Cross RF over LF (4).
5 – 6 Turn ¼ R stepping back on LF (5). Step RF to R (6). {6:00}
7 & 8 Cross LF over RF (7). Step RF to R (&). Cross LF over RF (8).

Sect - 6: Side. Together. Side Rock. Cross. Side. Cross. Side Rock. Cross.

1 – 2 Step RF to R (1). Close LF next to RF (2).
3 & 4 Rock RF to R (3). Recover on LF (&). Cross RF over LF, slightly angling body to L diagonal (4).
5 – 6 Step LF to L (5). Cross RF over LF (6).
7 & 8 Rock LF to L (7). Recover on RF (&). Cross LF over RF (8).

Have fun!