

# So Rattled!!

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: John Newcomer (USA) & Bonnie Newcomer (USA)  
音乐: I Get So Rattled - Jill Morris



Both the suggested songs have a 16 count bridge in them, to be done one time only before starting the second (2nd) wall

## LEFT SAILOR STEP, RIGHT SAILOR STEP, LEFT SAILOR STEP, RIGHT SAILOR STEP MOVING BACK SLIGHTLY

1&2                      Left step behind right, right step to the side, left step to the side  
3&4                      Right step behind left, left step to the side, right to the side  
5&6                      Left step behind right, right step to the side, left step to the side  
7&8                      Right step behind left, left step to the side, right to the side

## LEFT KICK, BALL, STEP (3X), STEP, PIVOT ½

9&10                     Left foot kick forward, step on ball of left foot, right foot step forward  
11&12                    Left foot kick forward, step on ball of left foot, right foot step forward  
13&14                    Left foot kick forward, step on ball of left foot, right foot step forward  
15-16                    Left step forward, then pivot on right foot ½ turn to the right

## ¼ TURN RIGHT, TOGETHER, HIP ROLLS, SIDE, TOGETHER, HIP ROLLS

17-18                    Left foot step ¼ turn right, then right foot slide over to left foot  
19&20                    Roll hips (use your imagination! But keep it legal!)  
21-22                    Right foot step to right side, then left foot slide over to right foot  
23&24                    Roll hips (use your imagination! But keep it legal!)

## ROCK, STEP, COASTER STEPS, ROCK, STEP, COASTER STEPS

25-26                    Left foot rock forward, then right foot step down  
27-28                    Left foot coaster step (back, together, forward)  
29-30                    Right foot rock forward, then left foot step down  
31-32                    Right foot coaster step (back, together, forward)

## TOE POINT TO SIDE, THEN STEP ACROSS: LEFT, RIGHT, LEFT, RIGHT

33-34                    Left toe point to left side, then left foot step across right foot  
35-36                    Right toe point to right side, then right foot step across left foot  
37-38                    Left toe point to left side, then left foot step across right foot  
39-40                    Right toe point to right side, then right foot step across left foot

To achieve "THE LOOK": Shift weight forward on the "&", then back on the whole number. As you straighten leg (to swing same hip) drop same shoulder. Example: straighten left leg, swing hips left, drop left shoulder

41&                      Left foot stomp forward & swing hips left  
42&43&44                Swing hips: right, left, right, left, right  
&                         Shift weight to left foot  
45&                      Right foot stomp forward & swing hips right  
46&47&48                Swing hips: left, right, left, right, left  
&                         Shift weight to right foot

## REPEAT

## TAG

LEFT SIDE SHUFFLE, PIVOT ½ LEFT, RIGHT SIDE SHUFFLE, PIVOT ½ LEFT, LEFT SIDE SHUFFLE,  
ROCK STEP, RIGHT SIDE SHUFFLE, PIVOT ½ RIGHT, LEFT SIDE SHUFFLE, PIVOT ½ RIGHT, RIGHT

## **SIDE SHUFFLE, ROCK STEP**

1&2 Left foot step to left side, right foot step together, left foot step to left side  
& Pivot on left foot ½ turn to the left (to the left)  
3&4 Right foot step to right side, left foot step together, right foot step to right side  
& Pivot on left foot ½ turn to the left (to the left)  
5&6 Left foot step to left side, right foot step together, left foot step to left side  
7-8 Right foot rock across left foot, then left foot step down  
9&10 Right foot step to right side, left foot step together, right foot step to right side  
& Pivot on right foot ½ turn to the right (to the right)  
11&12 Left foot step to left side, right foot step together, left foot step to left side  
& Pivot on right foot ½ turn to the right (to the right)  
13&14 Right foot step to right side, left foot step together, right foot step to right side  
15-16 Left foot rock across right foot, then right foot step down

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