

Triggered!

拍数: 64 墙数: 4 级数: Intermediate
编舞者: PJ (UK)
音乐: You Turn Me On - Tim McGraw



This dance is the same as my dance called "Stuck Together", plus 16 more counts

SYNCOPATED LOCK STEPS FORWARD, ROCK FORWARD, RECOVER, SHUFFLE $\frac{3}{4}$ TURN RIGHT

1-2& Step forward on right foot, lock left behind right, step forward on right foot
3-4& Step forward on left foot, lock right behind left, step forward on left foot
5-6 Rock forward on to right foot, recover weight back on to left foot
7&8 Shuffle $\frac{3}{4}$ turn right, stepping right left right

SIDE SHUFFLE, ROCK BACK, RECOVER, KICK BALL CROSS, SIDE ROCK, RECOVER

9&10 Step left foot to left side, close right beside left, step left foot to left side
11-12 Rock back on right foot, recover weight forward on to left foot
13&14 Kick right foot forward, step right foot slightly to right side, cross left over right
15-16 Rock right foot to right side, recover weight on to left foot

SAILOR $\frac{1}{4}$ TURN, ROCK FORWARD, RECOVER, LEFT SHUFFLE BACK, $\frac{1}{2}$ TURN RIGHT SHUFFLE FORWARD

17&18 Cross right behind left, make $\frac{1}{4}$ turn right stepping left foot to left side, step right foot in place
19-20 Rock forward on left foot, recover weight back on to right foot
21&22 Step back on left foot, close right beside left, step back on left foot
23&24 Make $\frac{1}{2}$ turn right stepping forward on to right foot, close left beside right, step forward on right

ROCK, RECOVER, SHUFFLE FULL TURN LEFT (OR COASTER STEP), JAZZ JUMP FORWARD & BACK WITH CLAPS

25-26 Rock forward on left foot, recover weight back on to right foot
27&28 Shuffle full turn left, stepping left right left (alternative option: left coaster step)
&29-30 Jump forward landing right (&), left (29), clap (30)
&31-32 Jump back landing right (&), left (31), clap (32)

SYNCOPATED HIP BUMPS FORWARD & BACK, COASTER STEP TWICE

33&34& Touch right toe forward angling body to left diagonal bumping hips forward, back, forward, back
35&36 Step back on right foot, close left beside right, step forward on right foot
37&38& Touch left toe forward angling body to right diagonal bumping hips forward, back, forward, back
39&40 Step back on left foot, close right beside left, step forward on left foot

ROCK, RECOVER, SHUFFLE $\frac{1}{2}$ TURN RIGHT, ROCK, RECOVER, $\frac{3}{4}$ SHUFFLE TURN LEFT

41-42 Rock forward on right foot, recover weight back on to left foot
43&44 Shuffle $\frac{1}{2}$ turn right, stepping right left right
45-46 Rock forward on left foot, recover weight back on to right foot
47&48 Shuffle $\frac{3}{4}$ turn left, stepping left right left

RIGHT VINE WITH HEEL JACK, LEFT VINE WITH HEEL JACK

49-50 Step right foot to right side, cross left behind right
&51&52 Step right foot slightly back, touch left heel to forward left diagonal, step left foot in place, cross right over left

- 53-54 Step left foot to left side, cross right behind left
&55&56 Step left foot slightly back, touch right heel to forward right diagonal, step right foot in place, cross left over right
- SIDE ROCK, RECOVER, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN LEFT**
- 57-58 Rock right foot to right side, recover weight to left foot
59&60 Step forward on right foot, close left beside right, step forward on right foot
61-62 Rock forward on left foot, recover weight back on to right foot
63&64 Shuffle ½ turn left, stepping left right left

REPEAT
