

# Troubled

拍数: 192      墙数: 0      级数:  
编舞者: Ty Barton (AUS)  
音乐: T-R-O-U-B-L-E - Travis Tritt



- 1-2            Rock onto right to right side, rock onto left to left side  
3&4           Cross right behind left, step left to left side, cross right over left  
5-6           Rock onto left to left side, rock onto right to right side  
7&8           Cross left behind right, step right to right side, cross left over right
- 1              Touch right toe to right side  
&2            Bring right together, touch left toe to left side  
&3            Bring left together, touch right heel forward  
&4            Bring right together, touch left toe back  
5&6           Kick left forward, step on ball of left foot beside right, step forward on right  
7&8           Kick left forward, step on ball of left foot beside right, step forward on right
- 1-4            Step left forward, slide right beside left, step left forward, slide right beside left  
5-6            Step left forward, pivot  $\frac{1}{2}$  turn right  
7-8            Shuffle forward left-right-left
- 1-2            Rock forward onto right, rock back onto left  
3&4            Triple step right-left-right turning  $\frac{3}{4}$  turn right  
5-6            Step left forward, pivot  $\frac{1}{4}$  turn right  
7-8            Step left forward, pivot  $\frac{1}{2}$  turn right
- 1&2            Kick left forward, ball change left-right  
&3            Step left to left side, step right in place  
4-5            Rock back onto left, rock forward onto right  
6-8            Rock onto left to left side, rock onto right to right side, cross left over right
- 1&2            Shuffle right-left-right to right side  
3-4            Rock back onto left behind right, rock forward onto right  
5-6            Step left to left side, step right behind left  
7-8            Step left to left side turning  $\frac{1}{4}$  turn left, step right forward turning  $\frac{1}{2}$  turn left
- 1              Step left back turning  $\frac{1}{2}$  turn left  
2-3            Step right forward, pivot  $\frac{1}{2}$  turn left  
4              Scuff right forward  
5              Hitch right knee while scooting forward on left  
6              Stomp right beside left (placing both hands on hips)  
7-8            Turn head & look  $\frac{1}{4}$  turn over left shoulder to left, turn head  $\frac{1}{4}$  turn right
- 1&2            Kick right forward, ball change right-left, landing right foot slightly behind left  
3-4            Turn  $\frac{1}{2}$  turn right on balls of both feet, brush up right to left knee  
5-6            Rock forward onto right heel with toe raised while lifting left heel, drop left heel  
7-8            Rock back onto right toe with heel raised while lifting left toe, drop left toe
- 1&2            Shuffle forward right-left-right  
3-4            Rock forward onto left, rock back onto right  
5&6            Shuffle back left-right-left

- 7-8 Rock back onto right, rock forward onto left
- 1-2 Step right forward at 45 degrees right, lock left behind right  
 &3-4 Step right in place, step left forward at 45 degrees left, lock right behind left  
 &5-6 Step left in place, step right forward at 45 degrees right, lock left behind right  
 &7-8 Step right in place, step left forward at 45 degrees left, lock right behind left
- &1 Step left in place, step forward on right  
 2 Turn ½ turn left  
 3-4 Rock forward onto right heel with toe raised while lifting left heel, drop left heel  
 5-6 Rock back onto right toe with heel raised while lifting left toe, drop left toe  
 7&8 Shuffle forward right-left-right turning ¾ turn left
- 1-4 Step left to left side & rock hips left, right . Left . Stomp right beside left  
 5-8 Vine right-left-right turning 1-¼ degrees right, step forward on left
- 1-2 Kick right forward, kick right out to right side  
 &3-4 Step right in place, kick left forward, kick left out to left side  
 &5-6 Step left in place, kick right forward, kick right out to right side  
 &7-8 Step right in place, kick left forward, kick left out to left side
- &1-2 Step left back, bring right together, step left forward  
 3&4 Shuffle forward right-left-right turning ½ turn left  
 5&6 Shuffle back turning ¾ turn left  
 7-8 Step right to right side, step left behind right
- &1 Step right to right side, cross left over right  
 &2 Step right to right side, cross left behind right  
 &3 Step right to right side, cross left over right (taking weight onto left)  
 4 Touch right toe to right side  
 5-6 Cross right over left, unwind turning ½ turn left  
 7 Stomp right out to right side & click fingers of right hand at shoulder level  
 8 Stomp left out to left side (shoulder width apart) & click fingers of left hand at shoulder level
- 1-2 Jump feet together, slap both hands in a downwards motion across thighs  
 3-4 Touch right heel forward, touch right toe to right side  
 5-6 Touch right heel forward, touch right toe across in front of left  
 7-8 Touch right heel forward, touch right toe back
- 1-4 Vine to right right-left-right, touch left beside right & clap  
 5-7 Vine to left left-right-left turning 1-¼ degrees left  
 8 Hitch right knee while scooting forward on left foot
- 1-2 Step forward on right at 45 degrees right bump hips forward twice  
 3-6 Bump hips back, back, forward, back (taking weight on left)  
 7-8 Step forward on right, scuff left forward
- 1-2 Cross left over right, turn ¼ turn right keeping weight on right  
 3-4 Hitch left knee, step back on left & click fingers of both hands at shoulder height
- The following shoulder rolls are done while leaning upper body back & are accompanied by arm rolls all in a to the left motion**
- 5 Roll right shoulder back while rolling right arm under left  
 6 Roll left shoulder back while rolling left arm under right

- 7 Roll right shoulder back while rolling right arm under left  
8 Roll left shoulder back while rolling left arm under right
- 1-2 Shimmy shoulders forward twice bending slightly forward  
3-4 Shimmy shoulders back twice returning to upright position  
5 Jump onto right turning  $\frac{1}{4}$  turn right while flicking left out behind right  
6-7 Scuff left forward, step left forward turning  $\frac{1}{4}$  turn right  
8 Turn  $\frac{1}{2}$  turn right and step onto right
- 1-2 Rock onto left heel across in front of right with toe raised, rock back onto right  
3-4 Touch left toe to left side with heel raised, drop left heel  
5-6 Rock onto right heel across in front of left with toe raised, rock back onto left  
7-8 Touch right toe to right side with heel raised, drop right heel
- 1-2 Tap left heel twice pushing left knee slightly in each time  
3-4 Tap right heel twice pushing right knee slightly in each time  
5 Push left knee in (bending left leg and straightening right leg)  
6 Push right knee in (bending right leg and straightening left leg)  
7 Push left knee in (bending left leg and straightening right leg)  
8 Push right knee in (bending right leg and straightening left leg) take weight on left
- 1&2 Kick right forward, ball change right-left landing right slightly behind left  
3-4 Twist whole body  $\frac{1}{4}$  turn right, twist whole body  $\frac{1}{4}$  turn left  
5-6 (Coaster step) step back onto right, step left together, step forward on right  
7&8 Shuffle forward left-right-left
- 1-2 Step forward on right, pivot  $\frac{1}{4}$  turn left  
3-4 Step forward on right, pivot  $\frac{1}{2}$  turn left  
5&6 Shuffle forward right-left-right turning  $\frac{1}{2}$  turn left  
7&8 Shuffle back left-right-left turning  $\frac{3}{4}$  turn left

**REPEAT**

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