

# Forget Your Troubles

拍数: 64      墙数: 1      级数: Intermediate  
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音乐: Lost In the Shuffle - Michael Peterson



- 1&2&3-4      Kick right foot forward, jump back on right beside left placing left heel 45 degrees left, jump left beside right stepping forward on right, pivot ½ turn left
- 1-2-3&4      Cross right over left, kick left foot to left side, cross shuffle left over right (left-right-left)
- 1&2&3-4      Point right toe to right side, jump right beside left to point left toe to left side, jump left beside right crossing right over left, unwind ½ turn left (end weight on right)
- 1&2&3-4      Tush push-touch left heel forward, jump left beside right touching right heel forward, jump right beside left touching left heel forward, clap
- &1-2-3-4      Step back on left pushing off to step forward on right, step left beside right, double heel bounce
- 1-2-3&4      Tossed feathers: scuff right toe 45 degrees left, scuff right heel across left, shuffle right side right (right-left-right)
- 1-2-3&4      Tossed feathers: scuff left toe 45 degrees right, scuff left heel across right, shuffle left side left (left-right-left)
- 1-2-3&4      Rock forward on right, rock back on left, turn ¾ turn right (paddle turn right-left-right)
- 1-2-3&4      Rock forward on left, rock back on right, turn ¾ turn left (paddle turn left-right-left)
- 1&2-3&4      Touch right heel 45 degrees right, jump back on right crossing left over right, touch right heel 45 degrees right, jump back on right crossing left over right (traveling right)
- 1-2      Step right to right rocking weight onto right, rock weight back onto left
- 1&2-3&4      Sailor steps: cross right behind left, step left to left, step right in place, cross left behind right, step right to right, step left in place
- 1-2      Touch right behind left turning ¾ turn right (keeping weight on left)
- 1&2-3&4      Shuffle forward right, shuffle forward left
- 1-2      Rock forward right, rock back on left
- 1&2      Traveling back turn 540 degrees right (1 ½ turn) stepping right-left-right
- 1&2-3&4      Shuffle forward left, shuffle forward right
- 1-2      Rock forward left, rock back right
- 1&2      Turn left (1 ¼ turn stepping left-right-left)

## REPEAT

At the end of walls two and five, add the following steps:

### TRAVELING FORWARD, BOX STEP-TRAVELING BACK

- 1&2-3&4      Kick right ball change, Kick right ball change
- 5-8      Cross right over left, Step back on left, Step right to right side Step left beside right