

# Distracted

拍数: 32      墙数: 2      级数: Improver  
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音乐: I've Been Thinking About You - Londonbeat



## WALK FORWARD, KICK-BALL CHANGE, FORWARD ROCK-RECOVER, ½ SHUFFLE TURN (RIGHT)

- 1 Step right foot forward
- 2 Step left foot forward
- 3 Kick right foot slightly forward
- &4 Land on (ball of) right foot, while slightly lifting left foot off floor, step left back to floor
- 5 Step (rock) right foot forward, while slightly lifting left foot off floor
- 6 Lower left foot back to floor (recover)
- 7&8 Shuffle ½ turn right, stepping (right-left-right)

## WALK FORWARD, KICK-BALL CHANGE, FORWARD ROCK-RECOVER, ½ SHUFFLE TURN (LEFT)

- 9 Step left foot forward
- 10 Step right foot forward
- 11 Kick left foot slightly forward
- &12 Land on (ball of) left foot, while slightly lifting right foot off floor, step right back to floor
- 13 Step (rock) left foot forward, while slightly lifting right foot off floor
- 14 Lower right foot back to floor (recover)
- 15&16 Shuffle ½ turn left, stepping (left-right-left)

## SIDE SAMBAS, HEEL SWITCHES, ½ PIVOT TURN (LEFT)

- 17 Step (rock) right foot out to side, slightly lifting left foot off floor
- &18 Step left foot back to floor, while stepping right next to left
- 19 Step (rock) left foot out to side, slightly lifting right foot off floor
- &20 Step right foot back to floor, while stepping left next to right
- 21 Tap right heel forward
- &22 Step right foot together, while tapping left heel forward
- &23 Step left foot together, while stepping forward on right
- 24 On (balls of) both feet, pivot ½ turn left

## 2 STEP TURN (LEFT), FORWARD ROCK-RECOVER, COASTER STEP, KICK & SIDE POINT

- 25 Step right foot forward & pivot ½ turn left
- 26 Step left foot backward & pivot ½ turn left
- 27 Step (rock) right foot forward, while slightly lifting left foot off floor
- 28 Lower left foot back to floor (recover)
- 29 Step right foot back on (ball of) foot
- &30 Step together on (ball of) left foot, step forward on right
- 31 Kick left foot slightly forward
- &32 Step left foot back to floor, while touching right together (optional snap)

## REPEAT

## RESTART

When you start on the 4th repetition only dance the first 16 counts then start from the beginning (should be facing the front wall)