

# I'm So Tired

**COPPER KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Rebecca Armstrong (SCO) - December 2008  
音乐: Up All Night - Take That : (Album: The Circus)



## Intro 8 counts

### (1-8) WALK, WALK, WALK, FLICK, BACK, BACK, COASTER STEP

1-2            step fwd on R, step fwd on L  
3-4            step fwd on R, flick L foot behind R knee  
5-6            step back on L, step back on R  
7&8           step back on L, step R beside L, step fwd on L

### (9-16) ROCK, RECOVER, ½ SHUFFLE, ROCK, RECOVER, BACK, ROCK, RECOVER, BACK

1-2            rock fwd on R, recover back on L  
3&4           make ¼ turn R stepping R to R side, step L beside R, make ¼ turn R stepping R to R side  
5&6           rock L to L side, recover on to R, step back on L  
7&8           rock R to R side, recover on to L, step back on R

### (17-24) ROCKING CHAIR, STEP BACK, HOOK, FWD SHUFFLE

1-2            rock back on L, recover fwd on R  
3-4            rock fwd on L, recover back on R  
5-6            step back on L, hook R across L  
7&8            step fwd on R, step L beside R, step fwd on R

### (25-32) STEP ½ PIVOT, ROCK, RECOVER, STEP, LOCK, BACK, LOCK, UNWIND ¾

1-2            step fwd on L, pivot ½ turn R (ending weight on R)  
3&4            rock fwd on L, recover back on R, step back on L  
5&6            lock R across L, step back on L, lock R across L  
7-8            unwind ¾ turn L over 2 counts (weight ending on L)

## Restart On Wall 4

After count 8, start dance again

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