

Trouble Is A Friend

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Cato Larsen (NOR) - December 2009
音乐: Trouble Is a Friend - Lenka



Intro: Start the dance at vocals after 16 counts. (12 seconds).

(1–9) Step, Mambo Step, Point, Unwind, Kick-Cross-Back, Side Rock.

1 Step forward on right (1). [12:00]
2&3 Step forward on left (2), Rock (recover) weight back again onto right (&), Step back on left (3).
4,5 Point right toe back (4), Unwind ½ turn right (5). [6:00]
6&7 Kick right foot forward (6), Cross right over left (&), Step back on left (7).
8,1 Step right to right side (8), Rock (recover) weight back again onto left (1).

(10–17) Sailor Step, Cross Rock, Side Shuffle, Step, 1/4 Turn.

2&3 Cross right behind left (2), Step left slightly left (&), Step right slightly right (3).
4,5 Cross left over right (4), Rock (recover) weight back again onto right (5).
6&7 Step left to left side (6), Step right next to left (&), Step left to left side (7).
8,1 Step forward on right (8), Pivot ¼ turn left (1). [3:00]

(18–25) Kick-Ball-Touch, Dip With Hip Thrust, Shoulder Shrugs, Step, Hitch 1/4 Turn.

2&3 Kick right foot forward (2), Step right next to left (&), Touch left toe forward (3).
& Dip down by bending your knees and Push hips forward (&)
4 Push hips back (4).
& Raise up and Push hips forward (&).
5 Push hips back (5).
6 Push right shoulder up and left shoulder down (6).
& Push right shoulder down and left shoulder up (&).
7 Push right shoulder up and left shoulder down (7).
8,1 Step forward on left (8), Hitch right knee Turning ¼ turn left (1). [12:00]

RESTART: Restart from here on wall 9. OMIT count 1. Start from the top! You will be facing 9:00

(26–32) Cross Rock, Side, Diagonal Walk Forward, 1/2 Turn, Walk Diagonal Forward, 5/8 Turn.

2& Step right across of left (2), Rock (recover) back again onto left (&).
3 Step right to right side (3).
4,5 Step left diagonally forward left across of right (4), Step right diagonally forward right (5). [1:30]
6 Pivot ½ turn left (6). [7:30]
7 Step right diagonally forward right (7). [7:30]
8 Step left diagonally forward across of right (8). [7:30]
& Pivot 5/8 turn right (&). [3:00]

TAG: To be danced AFTER wall 3. You will be facing 9:00.

(1–8) Step, Anchor Step, Point, Unwind, Shuffle Forward, Step.

1 Step forward on right (1). [9:00]
2& Step left in 3rd position behind right (2), Step right next to left (&).
3 Step slightly back on left (3).
4,5 Point right toe back (4), Unwind ½ turn right (5).
6&7 Step forward on right (6), Step left next to right (&), Step forward on right (7).
8 Step forward on left (8).

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