

Sick 'n Tired

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Linda Reese (USA) - March 2013
音乐: Tired of Getting My Butt Kicked - The Bellamy Brothers : (iTunes)



16 count intro - No Tags or Restarts

R Diagonal Step, Lock, Step, Brush, Repeat L Diagonal

- 1-4 Step right diagonal forward, step left behind right, step right diagonal forward, scuff or brush left
5-8 Step left diagonal forward, step right behind left, step left forward, scuff or brush right

Toe Heel Struts Forward 2X, Kick, Kick, Back Rock Recover

- 1-4 Step ball of right foot forward, drop right heel, step ball of left foot forward, drop left heel down
5-8 Kick right forward 2x's, rock back on right, recover on left

Toe Heel Struts (Out, Out, In, In)

- 1-4 Touch ball of right slightly forward and to right side, drop right heel, touch ball of left slightly forward and to left side, drop left heel
5-8 Touch ball of right back to center, drop right heel, touch ball of left back to center, drop left heel

½ Chase Turn L, ¼ Chase Turn L

- 1-4 Step right forward, pivot ½ turn left, step right forward, hold
5-8 Step left forward, pivot ¼ turn right, step left forward, hold

Repeat

Contact: paulandlindar@hotmail.com
