

# Tread Carefully

拍数: 64      墙数: 4      级数: Phrased Improver  
编舞者: Phoenix Adamson (NZ) - May 2013  
音乐: Little L - Jamiroquai



Intro: 48 Counts - Pattern Sequence: A, A, A & B, A & B, A & B, A, A, A, A, A

## SECTION A:

### SWAY RIGHT – LEFT, SHUFFLE, SWAY LEFT – RIGHT, ¼ SHUFFLE

- 1 – 2 – 3 & 4    Step Right To Side & Sway Hips Right – Left, Shuffle Back Stepping Right (3) – Left (&) – Right (4)  
5 – 6 – 7 & 8    Step Left To Side & Sway Hips Left – Right, Making ¼ Turn Left Shuffle Forward Stepping Left (7) – Right (&) – Left (8)

### SIDE TOUCH, COASTER CROSS, SIDE TOUCH, COASTER CROSS

- 1 – 2 – 3 & 4    Step Right To Side, Touch Left Beside Right, Step Back On Left (3), Step Right Beside Left (&), Cross Left Over Right (4)  
5 – 6 – 7 & 8    Step Right To Side, Touch Left Beside Right, Step Back On Left (7), Step Right Beside Left (&), Cross Left Over Right (8)

### ROCK RECOVER, ½ SHUFFLE, SIDE TOUCH, SIDE TOUCH

- 1 – 2 – 3 & 4    Rock Forward On Right, Recover Onto Left, Making ½ Turn Right Shuffle Forward Stepping Right (3) – Left (&) – Right (4)  
5 – 6 – 7 – 8    Step Left To Side, Touch Right Beside Left, Step Right To Side, Touch Left Beside Right

### ROCK RECOVER, ½ SHUFFLE, ROCKING CHAIR

- 1 – 2 – 3 & 4    Rock Forward On Left, Recover Onto Right, Making ½ Turn Left Shuffle Forward Stepping Left (3) – Right (&) – Left (4)  
5 – 6 – 7 – 8    Rock Forward On Right, Recover Onto Left, Rock Back On Right, Recover Onto Left

## SECTION B:

### SIDE ROCK, KICK – BALL – STEP, MODIFIED MONTEREY, SIDE – ROCK – CROSS

- 1 – 2 – 3 & 4    Rock Right To Side, Recover Onto Left, Kick Right Forward (3), Step Right Beside Left (&), Step Forward On Left (4)  
5 – 6 – 7 & 8    Point Right To Side, Making ½ Turn Right Step Right Beside Left, Rock Left To Side (7), Recover Onto Right (&), Cross Left Over Right (8)

### HEEL – HOOK, STEP – LOCK – STEP WITH ¼ TURN, HEEL – HOOK, STEP – LOCK – STEP WITH ¼ TURN

- 1 – 2 – 3 & 4    Tap Right Heel Forward, Hook Across Left Knee, Making ¼ Turn Right Step Forward On Right (3), Lock Left Behind Right (&), Step Forward On Right (4)  
5 – 6 – 7 & 8    Tap Left Heel Forward, Hook Across Right Knee, Making ¼ Turn Left Step Forward On Left (7), Lock Right Behind Left (&), Step Forward On Left (8)

### SIDE ROCK, BEHIND – SIDE – CROSS, SIDE ROCK, CROSS SHUFFLE

- 1 – 2 – 3 & 4    Rock Right To Side, Recover Onto Left, Cross Right Behind Left (3), Step Left To Side (&), Cross Right Over Left (4)  
5 – 6 – 7 & 8    Rock Left To Side, Recover Onto Right, Cross Shuffle Stepping Left (7) – Right (&) – Left (8)

### ROCK RECOVER, COASTER CROSS, SIDE TOUCH, HEEL – BALL – CROSS

- 1 – 2 – 3 & 4    Rock Forward On Right, Recover Onto Left, Step Back On Right (3), Step Left Beside Right (&), Cross Right Over Left (4)  
5 – 6 – 7 & 8    Step Left To Side, Touch Right Beside Left, Tap Right Heel Forward On Slight Diagonal (7), Step Right Beside Left (&), Cross Left Over Right (8)

