

Trouble Is "ME"

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Val O'Connor (UK) - May 2014
音乐: Trouble Is - Hayden Panettiere : (Album: Nashville - 2.34 mins)



INTRO: 16 COUNTS

STEP FORWARD R, TAP L, BACK L, KICK R, R COASTER, L SHUFFLE, STEP TURN STEP

- 1&2& Step forward on R, tap L behind R, step back on L, kick R forward
3&4 Step back on R, step L next to R, step forward on R
5&6 Step forward on L, step R next to L, step forward on L
7&8 Step forward on R, turn ½ L stepping forward on L, step forward on R (6 o clock)

FULL TURN R, L FORWARD MAMBO HITCH, BACK R HITCH L, BACK L HITCH R, R COASTER CROSS

- 1-2 Turn ½ R stepping back on L, turn ½ R stepping forward on R
3&4 Rock forward on L, recover weight onto R, step back on L at the same time hitch R
5&6& Step back on R, hitch L, step back on L, hitch R
7&8 Step back on R, step L next to R, cross R over L

POINT L OUT IN OUT, ¼ HITCH, L SHUFFLE, STEP ¼ CROSS, ½ RIGHT

- 1&2& Point L to L side, touch L next to R, point L to L side, turn ¼ L on ball of R hitching L across R (3 o clock)
3&4 Step forward on L, step R next to L, step forward on L
5&6 Step forward on R, turn ¼ L stepping L to L side, cross step R over L (12 o clock)
7-8 Turn ¼ R stepping back on L, turn ¼ R stepping R to R side (6 o clock)

L CROSS ROCK,& R CROSS ROCK, & CROSS L, BACK R, SIDE L, CROSS R, ¼ R STOMP R

- 1-2& Cross rock L over R, recover weight onto R, step L slightly to L side
3-4& Cross rock R over L, recover weight onto L, step R slightly to R side
5-6 Cross L over R, step back on R
&7&8 Step L to L side (&), cross R over L, turn ¼ R stepping back on L (&), stomp R to R side (9 o clock)

L CROSS ROCK, SIDE ROCK, BEHIND & CROSS, POINT R OUT IN OUT KICK, BEHIND & CROSS

- 1&2& Cross rock L over R, recover weight on R, rock L to L side, recover weight onto R
3&4 Cross L behind R, step R to R side, cross L over R
5&6& Point R to r side, touch R next to L, point R to R side, kick R to R diagonal
7&8 Cross R behind L, step L to L side, cross R over L

L SIDE TOGETHER ¼ L, R SIDE TOGETHER ¼ L, L SIDE TOGETHER FORWARD, R SIDE TOGETHER ¼ L

- 1&2 Step L to L side, step R next to L (&), turn ¼ L stepping forward onto L (6 o clock)
3&4 Step R to R side, step L next to R (&), turn ¼ L stepping back on R (9 o clock)
5&6 Step L to L side, step R next to L (&), step forward onto L
7&8 Step R to R side, step L next to R (&), turn ¼ L stepping back on R (12 o clock)

L BACK LOCK STEP HITCH R, R COASTER STEP, L SHUFFLE, R & L HEEL DIGS

- 1&2& Step back on L, cross R over L (&), step back on L, hitch R (&)
3&4 Step back on R, step L next to R (&), step forward onto R
5&6 Step forward onto L, step R next to L, step forward onto L
7&8& Dig R heel forward, step down on R (&), dig L heel forward, step down on L (&)

R CROSS & HEEL, & L CROSS SHUFFLE, POINT R & L & R, ½ R ,L NEXT TO R

1&2& Cross R over L, step back slightly on L (&), dig R heel forward, step down on R (&)
3&4 Cross L over R, step R to R side, cross L over R
5&6& Point R to R side, step down on R (&), point L to L side, step down on L (&)
7&8 Point R to R side, turn ½ R stepping R to R side (&), step or stomp L next to R (3 o clock)

END OF DANCE

Tag at end of wall 1

**R SHUFFLE FORWARD, STEP FORWARD L TURN ½ R STEPPING FORWARD ONTO R
L SHUFFLE FORWARD, STEP FORWARD R TURN ½ L STEPPING FORWARD ONTO L**

Thank you to the rebels for music suggestion

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