

# Toss & Turn

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Gary Lafferty (UK) - December 2016  
音樂: Shattered Dreams - Sergey Lazarev



## Music Info: 32-count intro (No Tags, No Restarts)

### S1: RIGHT KICK-BALL-STEP, ROCK FORWARD, RECOVER; TRIPLE ½ TURN, STEP FORWARD, ½ TURN

1&2      Kick Right foot forward, step down onto Right foot beside Left, step forward on Left foot  
3-4      Rock forward on Right foot, recover weight back onto Left foot  
5&6      Shuffle ½ turn back over Right shoulder on Right-Left-Right  
7-8      Step forward on Left foot, pivot ½ turn to Right

### S2: LEFT KICK-BALL-STEP, ROCK FORWARD, RECOVER; TRIPLE ½ TURN, STEP FORWARD, ½ TURN

1&2      Kick Left foot forward, step down onto Left foot beside Right, step forward on Right foot  
3-4      Rock forward on Left foot, recover weight back onto Right foot  
5&6      Shuffle ½ turn back over Left shoulder on Left-Right-Left  
7-8      Step forward on Right foot, pivot ½ turn to Left

### S3: RIGHT SIDE-SHUFFLE, ROCK BACK, RECOVER; STEP LEFT, HOLD, & STEP LEFT, HOLD

1&2      Step to Right on Right foot, step on Left foot beside Right, step to right on Right foot  
3-4      Rock back on Left foot, recover weight onto Right foot  
5-6      Step to Left on Left foot, hold  
&7-8      Step on Right foot beside Left, step to Left on Left, hold

### S4: & STEP LEFT, ¼ MONTEREY TURN; LEFT SAILOR STEP, RIGHT SAILOR STEP

&1      Step on Right foot beside Left, step to Left on Left  
2-4      Point Right foot out to Right side, turn ¼ Right stepping down onto Right foot, point Left foot out to Left side  
5&6      Cross-step Left foot beside Right, step to Right on Right foot, step to Left on Left foot  
7&8      Cross-step Right foot beside Left, step to Left on Left foot, step to Right on Right foot

### S5: TOUCH BEHIND, UNWIND ½ TURN, STEP FORWARD, ½ TURN; TRAVELLING HEEL GRINDS

1-2      Touch Left foot back behind Right, make ½ turn Left transferring weight onto Left foot  
3-4      Step forward on Right foot, pivot ½ turn to Left  
5-6      Touch Right heel forward with toes turned in, turn toes out taking weight onto full Right foot flat on floor  
7-8      Touch Left heel forward with toes turned in, turn toes out taking weight onto full Left foot flat on floor

### S6: ROCK FORWARD, RECOVER, FULL TRIPLE TURN; ROCK FORWARD, RECOVER, STEP BACK, TOUCH

1-2      Rock forward on Right foot, recover weight onto Left foot  
3&4      Make a full triple turn in place over Right shoulder stepping Right-Left-Right  
(or do a coaster step if you prefer)  
5-6      Rock forward on Left foot, recover weight onto Right foot  
7-8      Step back on Left foot, touch Right foot beside Left

## START AGAIN