

# I'm Torn

拍數: 64      牆數: 2      級數: Intermediate Cha Cha  
編舞者: Keith Stewart (N.IRE) & Imelda McDaid (IRE) - March 2020  
音樂: Torn - James TW



## SECTION 1 - FULL TURN WITH 4 DIAMOND STEPS

- 1 Step right foot to right side, sweeping left foot across in front of right.  
2&3 Step left foot across right, step right foot to right side, step back on left to right diagonal (to 4:30), making a 1/8 turn left.  
4&5 Step right foot behind left, step left foot to left side making a 1/8 turn left (straightening up to 9:00), step forward on right foot to right diagonal (to 7:30), making a further 1/8 turn left.  
6&7 Step left foot across right, step right foot to right side, straightening up to 6:00 making a 1/8 turn left, step left foot back to right diagonal (to 10:30) making a further 1/8 turn left.  
8&9 Step right foot behind left, step left foot to side making a 1/8 turn left (straightening up to 3:00), make a 1/4 turn left stepping right foot forward (to face 12:00).

## SECTION 2 - LEFT MAMBO STEP WITH TOUCHES RIGHT AND LEFT, LEFT COASTER STEP, RIGHT LOCK STEP.

- 10&11 Step left foot forward, recover weight onto right foot, step left foot back beside right.  
12&13 Touch right toe beside left, step right foot back, touch left toe beside right.  
14&15 Step left foot back, step right foot beside left, step left foot forward.  
16&17 Step forward on right foot, step left foot in behind right, step right foot forward.

## SECTION 3 - FULL TURN RIGHT, LEFT CROSS ROCK SIDE STEP, TOGETHER AND SIDE RIGHT AND LEFT.

- 18,19 Make a full turn over the right shoulder travelling forward stepping left, right.  
20&21 Rock left foot across right, recover weight onto right foot in place, step left foot to left side.  
22&23 Step right foot beside left, step left foot in place, step right foot to right side.  
24&25 Step left foot beside right, step right foot in place, step left foot to left side.

## SECTION 4 - SWAYS WITH A 1/4 TURN LEFT, LEFT SHUFFLE FORWARD, RIGHT STEP PIVOT 1/2 TURN LEFT.

- 26-28 Sway right then left, sway right again, making a 1/4 turn left, taking the weight onto right foot.  
29&30 Step left foot forward, step right foot beside left, step left foot forward.  
31,32 Step forward on right foot, make a pivot 1/2 turn over left shoulder, taking weight onto left foot.

## SECTION 5 - RIGHT SHUFFLE FORWARD, FULL TURN RIGHT, LEFT MAMBO DRAG, RIGHT BALL CHANGE.

- 33&34 Step forward on right foot, step left foot beside right, step forward on right foot.  
35,36 Make a full turn right travelling forward stepping left, right.  
37&38,39 Rock weight forward onto left foot, recover in place onto right, step left foot back a large step, drag right foot to left over one full count (39).  
&40 step right foot beside left, step left foot slightly forward.

**(RESTART HERE ON WALL 4, MAKING A 1/4 TURN RIGHT TO FACE 12:00 TO START THE DANCE AGAIN)**

## SECTION 6 - SYNCOPATED CROSS AND SIDE ROCKS WITH A TOUCH, RIGHT SIDE SHUFFLE, LEFT SAILOR 3/4 TURN LEFT.

- 41&42& Rock right foot across left, recover weight onto left foot in place, rock right foot to right side, recover weight onto left foot in place.  
43&44 Rock right foot across left, recover weight onto left foot in place, touch right toe beside left.  
45&46 Step right foot to right side, step left foot beside right, step right foot to right side.

47&48 Step left foot behind right, make a ¼ turn left stepping back on right foot, make a further ½ turn stepping left foot forward.

**(RESTART HERE ON WALL 2)**

**SECTION 7 - RIGHT POINT CROSS, LEFT KICK ½ TURN TOUCH, RIGHT CROSS POINT, LEFT EXTENDED ½ TURN LOCK STEP.**

49,50 Point right toe to right side, step right foot across left.

51&52 Kick left foot forward, make a ½ turn right stepping down on left foot, touch right toe forward.

53,54 Step right foot across left, point left toe to left side.

55&56&57 Making a ¼ turn left, step forward on left, step right foot in behind left, making a further ¼ turn left step forward on left, step right foot in behind left, step forward on left.

**SECTION 8 - RIGHT BACK ROCK RECOVER, RIGHT & LEFT TOE SWITCHES, CROSS FULL TURN UNWIND, SIDE TOGETHER.**

58,59 Rock back on right foot in place, recover onto left foot.

60&61 Point right toe to right side, step right foot beside left, point left toe to left side.

62,63 Cross left foot over right, unwind a full turn right, transferring weight onto left foot, allowing right foot to lift off the ground.

64& Step right foot to right side, step left foot beside right (this will become a shuffle to the right when you begin the dance again )

**NOTE - 2 RESTARTS**

**WALL 2 - YOU WILL DANCE AS FAR AS COUNT 48, FINISHING YOUR SAILOR ¾ TURN, AND WILL BE FACING 12:00, SIMPLY START THE DANCE AGAIN, STEPPING RIGHT FOOT TO RIGHT SIDE.**

**WALL 4 - YOU WILL FINISH YOUR RIGHT BALL CHANGE, FACING 9:00, AT WHICH POINT YOU MAKE A QUARTER TURN RIGHT TO BRING YOU BACK TO 12:00 AND RESTART THE DANCE STEPPING RIGHT FOOT TO RIGHT SIDE.**

Music is absolutely beautiful, and hopefully you will enjoy the dance as much as we enjoyed choreographing it!!

Any queries, please don't hesitate to contact myself on [kaystew@hotmail.com](mailto:kaystew@hotmail.com) or look for me on facebook.

Last Update - 1 Oct. 2020-R2

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