

# Social DisDancing Made Easy

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Beginner  
編舞者: Rex Allott (UK) - April 2020  
音樂: Sick and Tired - Boz Scaggs



## Intro - On Vocals (48 beats)

### S.1. R out fwd, in, out fwd, cross over L, rpt L

- 1-2. Step R out fwd R, return
- 3-4. Step R out fwd R, cross R over L
- 5-6. Step L out fwd L, return
- 7-8. Step L out fwd L, cross L over R

### S.2. Turn 1/8 R, heel taps back, fwd, back, rpt L

- 1-2. Turn 1/8 R tap r toe back, tap R heel forward
- 3-4. Tap R toe back , step R next to L, straighten up
- 5-6. Turn 1/8 turn L, tap L toe back, tap L heel forward
- 7-8. Tap L toe behind R, Step L next to R, straighten up

### S.3. R out back, in, out back, cross over L, rpt L

- 1-2. Step R out back, return
- 3-4. Step R out back, cross R over L
- 5-6. Step L out back, return
- 7-8. Step L out back, cross L over R

### S.4. Rpt S.2.

### S.5. Step 1/4 Turn R, 1/4 Turn L, Step 1/8 Turn L x 2

- 1-2. Turning 1/4 turn R, step R to R, step L next to R
- 3-4. Turning 1/4 turn L, step L to L, step R next to L
- 5-6. Turning 1/8 turn L, step L to L, step R next to L
- 7-8. Turning 1/8 turn L, step L to L, step R next to L.

### S.6. R Heel, Toe, Heel, Toe Rpt L

- 1-2. Tap R heel next to L, turning R toe in, tap it next to L
- 3-4. Tap R heel next to L, step R next to L
- 5-6. Tap L heel next to R, turning L toe in, tap, it next to R
- 7-8. Tap L heel next to R, step L next to R

## Tag.

### S.1. Toe Fan R, L, Toe Out, Heel Out, In, Toe In R

- 1-2. Fan R toe out, return
- 3-4. Fan L toe out, return
- 5-6. Fan R toe out, R heel out
- 7-8. R heel in, R toe in

### S.2. Toe Out, Heel Out, In, Toe In L, Rpt. Both

- 1-2. Fan L toe out, L heel out
- 3-4. L heel in, L toe in
- 5-6. Fan both toes out, heels, out
- 7-8. Both heels in, Toes in

### S.3. Vine R, R Coaster Step

- 1-2. Step R to R, step L behind R
- 3-4. Step R to R, step L next to R
- 5-6. Step R back, step L next to R
- 7-8. Step R forward, step L next to R

#### **S.4. Vine L, 3/4 Step Turn R**

- 1-2. Step L to L, step R behind L
- 3-4. Step L to L, step R next to L
- 5-8. Turning 3/4 R step R, L, R, L, R, L. Finish facing 180# R"

**Optional hand (gel) movements with S.1 & S.2 of Tag.**

**Tag after 1st S.6 (wall 2, 9 o'clock)**

**Tag after 2nd S.4 (Wall 3, 6 o'clock)**

**Restart after 3rd S.4 (wall 4, 3 o'clock, start of guitar break)**

**Tag after 3rd S.6 (Wall 6, 9 o'clock, end of guitar break)**

**Restart after 6th S.4 (Wall 8, 6 o'clock, start of saxophone break)**

**Tag after 5th S.6 (Wall 9, 12 o'clock, end of saxophone break)**

**Restart after 9th S.4 (Wall 10, 9 o'clock)**

**Finish with 1/2 Paddle Turn R on last 4 beats of final S.6 to face 12 o'clock**

**Last Update - 9 Oct. 2021**

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