

# Trying Not To

拍數: 48      牆數: 4      級數: Low Intermediate  
編舞者: Kraig Teixeira (USA) - May 2022  
音樂: Trying Not To (feat. Roman Alexander) - Alana Springsteen



Intro: 16 Counts In, Begin on Vocals

\* Restart on Wall 3

## [1 – 8] Shuffle Fwd L, R Rocking Chair, ½ Pivot

1 & 2      Step Fwd L, Step together R, Step Fwd L  
3,4,5,6      Rock Fwd on R, Replace Weight Back on L, Rock Back on R, Replace Weight Fwd on L  
7, 8      Step Fwd R, Pivot a ½ Turn L, Weight Fwd L

## [9 – 16] R Rocking Chair, ½ Turn Toe Strut, L Coaster Step

9, 10, 11, 12      Rock Fwd R, Replace Weight Back on L, Rock Back on R, Replace Weight Fwd L  
13, 14      Touch R toe Fwd making ¼ Turn L, Drop Weight Back onto R making a ¼ Turn L  
15 & 16      Step back on L, Step R together, Step Fwd on L

## [17 – 24] ¼ Side Shuffle, L Sailor Step, R Sailor Step, Touch Back Unwind ½ Turn

17 & 18      Making a ¼ Turn L, Step R to R side, Step together L, Step R to R Side  
19 & 20      Step L behind R, Step R to R Side, Step L to L Side  
21 & 22      Step R behind L, Step L to L Side, Step R to R Side  
23, 24      Touch L Toe Back, Unwind ½ Turn over L Shoulder, Weight ends Fwd L

## [25 – 32] Kick Out-Out, Sway, Sway, Kick-Ball-Cross, Slide R, Touch L

25 & 26      Kick R Fwd, Step out to R side on R, Step out to L side on L  
27, 28      Sway R, Sway L, Weight ending on L  
29 & 30      Kick R to R Diagonal, Step down on R, Cross L over R  
31, 32      Large Step to R side on R, Slide L to meet R and Touch (Weight ends R)

\* Restart Here on Wall 3

## [33 – 40] Heel Jacks, ½ Turning Shuffle, L Shuffle Back

33&34&      Touch L Heel Fwd, Step down on L, Cross R over L, Step Back on L  
35 & 36      Touch R Heel Fwd, Step Down on R, Cross L over R  
37 & 38      Step R to Side Making a ¼ Turn L, Step L Together, Step R Back Making a ¼ L  
39 & 40      Step Back on L, Step together R, Step Back on L

## [41 – 48] R Coaster Step, 2 Walks, Jazz Box

41 & 42      Step Back on R, Step Together on L, Step Fwd on R  
43, 44      Walk Fwd L, Walk Fwd R

Optional Full Turn: Step L Back making a ½ Turn over R Shoulder, Step R Fwd Making a ½ Turn over R Shoulder)

45, 46, 47, 48      Cross L over R, Step Back on R, Step Side on L, Stomp Fwd on R (Weight ends R)