

Troubled Waters

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Niels Poulsen (DK) - October 2024
音樂: Troubled Waters - Alex Warren



Intro: 8 counts from very first beat in music. App. 5 secs. into track. Start with weight on L foot

****2 restarts: On walls 1 and 3 (starting at 12:00), after 48 counts, facing 6:00**

***1 easy tag: See explanation at bottom of step sheet**

Phrasing: Intro, 48, 64, 4, 48, 64, 4, 64, 64, Ending.

[1 – 8] Rock R fwd, full triple R, rock L fwd, ½ shuffle L

1 – 2 Rock fwd on R (1), recover back on L (2) 12:00
3&4 Turn ½ R stepping R fwd (3), step L next to R (&), turn ½ R stepping R fwd (4) 12:00
5 – 6 Rock fwd on L (5), recover back on R (6) 12:00
7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), turn ¼ L stepping L fwd (8) 6:00

[9 – 16] ¼ L step slide, ball R side rock, R cross shuffle, ¼ R X 2

1 – 2 Turn ¼ L stepping R a big step to R side (1), slide L towards R (2) 3:00
&3 – 4 Step L next to R (&), rock R to R side (3), recover on L (4) 3:00
5&6 Cros R over L (5), step L to L side (&), cross R over L (6) 3:00
7 – 8 Turn ¼ R stepping back on L (7), turn ¼ R stepping R to R side (8) 9:00

[17 – 24] L vaudeville, Hold, ball cross, Hold, ball cross behind, side L, point R

1&2 Cross L over R (1), step R to R side (&), touch L heel fwd to L diagonal (2) 9:00
3&4 HOLD (3), step L next to R (&), cross R over L (4) 9:00
5&6 HOLD (5), step L to L side (&), cross R behind L (6) 9:00
7-8 Step L to L side (7), point R to R side (8) 9:00

[25 – 32] ¼ R sweep, cross side, L sailor step, R sailor ¼ R

1 – 4 Turn ¼ R onto R sweeping L fwd over 2 counts (1-2), cross L over R (3), step R to R side (4) 12:00
5&6 Cross L behind R (5), step R to R side (&), step L to L side (6) 12:00
7&8 Cross R behind L (7), turn ¼ R stepping L next to R (&), step R fwd (8) 3:00

[33 – 40] Rock L fwd, shuffle ½ L, R jazz box, cross

1 – 2 Rock L fwd (1), recover back on R (2) 3:00
3&4 Turn ¼ L stepping L to L side (3), step R next to L (&), turn ¼ L stepping L fwd (4) 9:00
5 – 8 Cross R over L (5), step back on L (6), step R to R side (7), cross L over R (8) 9:00

[41 – 48] Syncopated R&L side rocks, grind ¼ L, L shuffle back, R back rock

1 – 2& Rock R to R side (1), recover on L (2), step R next to L (&) 9:00
3 – 4 Rock L to L side (3), grind ¼ L back on R (4) 6:00
5&6 Step back on L (5), step R next to L (&), step back on L (6) 6:00
7 – 8 Rock back on R (7), recover fwd onto L (8) ...

*** Restart here, walls 1 and 3, facing 6:00 6:00**

[49 – 56] Fwd R, Hold, step ½ R, fwd L, Hold, step ¼ L

1 – 4 Step R fwd (1), HOLD (2), step L fwd (3), turn ½ R onto R (4) 12:00
5 – 8 Step L fwd (5), HOLD (6), step R fwd (7), turn ¼ L onto L (8) 9:00

[57 – 64] Cross side, R sailor step, cross side, L sailor ¼ L

1 – 2 Cross R over L (1), step L to L side (2) 9:00
3&4 Cross R behind L (3), step L to L side (&), step R to R side (4) 9:00

5 – 6 Cross L over R (5), step R to R side (6) ... Note: start turning ¼ L on count 6... 9:00
7&8 Cross L behind R finishing ¼ L (7), step R next to L (&), step L fwd (8) 6:00

Start Again!

Tag Comes twice. After walls 2 and 4, each time facing 12:00

1 – 4& Rock R fwd, ball heel, clap X 2, recover

1 – 2&3 Rock R fwd (1), recover back on L (2), step back on R (&), touch L heel fwd (3) 12:00

&4& Clap hands twice (&4), recover on L (&) ... Start dance again 12:00

Ending Finish last wall facing 12:00 stepping R fwd! 12:00

Last Update - 9 Nov. 2024 - R2
