

# Sick And Tired

**COPPER KNOB**  
STEPPERS

拍數: 0                      牆數: 1                      級數: Intermediate  
編舞者: Kevin Winn (USA)  
音樂: Sick and Tired - Boz Scaggs



Sequence: INTRO-AB-AB-ACCB-ACCB-AC  
Start dancing after 48 counts, on the vocals

## INTRO

### SIDE TOE POINTS WITH CROSS

1-2                      Point right toe to right side, cross right over left  
3-4                      Point left toe to left side, cross left over right  
5-6                      Point right toe to right side, cross right over left  
7-8                      Kick left forward, pivot ½ right with weight ending on left  
9-16                     Repeat counts 1-8

## SECTION A

### TWO RIGHT KICK BALL CHANGES, TWO ¼ PIVOTS LEFT

1&2                     Kick right forward & step on right, change weight to left  
3&4                     Kick right forward & step on right, change weight to left  
5-8                     Step forward right, pivot ¼ left, (repeat)

### SHUFFLE ROCK STEP FORWARD, SHUFFLE ROCK STEP BACK

9&10                    Shuffle forward right-left-right  
11-12                   Rock forward on left, step in place on right  
13&14                   Shuffle back left-right-left  
15-16                   Rock back on right, step in place on left  
17-32                   Repeat counts 1-16

## SECTION B

### HIP BUMPS RIGHT AND LEFT

1-4                     Step forward right on an angle and do a right hip bump and hold for 2-3-4  
5-8                     Step forward left on an angle and do a left hip bump and hold for 6-7-8

### SHUFFLE ROCK STEP FORWARD, SHUFFLE ROCK STEP BACK

9&10                    Shuffle forward right-left-right, rock forward on left, step in place on right  
13-14                   Shuffle back left-right-left  
15-16                   Rock back on right, step in place on left

### HIP BUMPS RIGHT AND LEFT

17-20                   Step forward right on an angle and do a right hip bump and hold for 2-3-4  
21-24                   Step forward left on an angle and do a left hip bump and hold for 6-7-8

## MONTEREY TURNS

25-26                   Point right toe to right side, bring right home while turning ½ right weight ending on right  
27-28                   Point left to left side, bring left home  
29-32                   Repeat counts 25-28

## SECTION C

### "RODEO KICKS"

1-4                     Kick forward right, kick side right, sailor step right-left-right  
5-8                     Kick forward left, kick side left, sailor step left-right-left

### **WALK FORWARD, KICKS, WALK BACK, COASTER STEP**

- 9-12 Walk forward right and left, kick right forward twice  
13-16 Walk back right and left, coaster step right-left-right  
17-24 Repeat 9-16 starting with left

### **TWO PIVOTS ½ LEFT, STEP & BUMP**

- 25-26 Step forward right, pivot ½ left  
27-28 Step forward right, pivot ½ left  
29&30 Step forward right on an angle while bumping right & bump left, bump right  
31&32 Step forward left on an angle while bumping left, bump right, bump left

### **STEP & BUMP, WALK BACK AND TRIPLE STEP**

- 33&34 Step forward right on an angle while bumping right & bump left, bump right  
35&36 Step forward left on an angle while bumping left, bump right, bump left  
37-40 Walk back right and left, triple step right-left-right

### **WALK BACK AND TRIPLE STEP, POINT, CROSS, UNWIND, CLAP**

- 41-44 Walk back left and right, triple step left-right-left  
45-46 Point right toe to right side, cross right over left  
47-48 Turn ½ left weight ending on left, clap.

**At the very end of the dance do a full turn instead of a half turn to face original wall.**

---