

# So Rattled!!

拍數: 0                      牆數: 1                      級數: Intermediate  
編舞者: Alan Robinson (UK)  
音樂: I Get So Rattled - Jill Morris



Sequence: ACA, BCC, BAA

## SECTION A ELVIS KNEES

1-2                      Bring right knee in towards left knee, hold  
3-4                      Bring left knee in towards right knee, hold  
5-6                      Bring right knee in towards left knee, bring left knee in towards right knee  
7-8                      Bring right knee in towards left knee, bring left knee in towards right knee

## LEFT KICK BALL CHANGE, CHASSE LEFT

9&10                      Kick left foot forward, step left in place, step on right  
11&12                      Step left to left, close right to left, step left to left

## RIGHT SAILOR STEP, CROSS STEP

13&14                      Cross right behind left, step on left, step right to right  
15&16                      Cross left behind right, step right to right, cross left over right

## RIGHT KICK BALL CHANGE, CHASSE RIGHT

17&18                      Kick right foot forward, step right in place, step on left  
19&20                      Step right to right, close left to right, step right to right

## LEFT SAILOR STEP, CROSS STEP

21&22                      Cross left behind right, step on right, step left to left  
23&24                      Cross right behind left. Step left to left, cross right over left

## MAMBO STEPS, ROCK SHUFFLE TURN

25&26                      Step out to left on left, replace weight on right, cross left over right  
27&28                      Step out to right on right, replace weight on left, cross right over left  
29-30                      Rock forward onto left, replace weight onto right  
31&32                      Turn ½ to left stepping left, right, left

## MAMBO STEPS, PIVOT TURN, WALKS

33&34                      Step out to right on right, step onto left, cross right over left  
35&36                      Step out to left on left, step onto right, cross left over right  
37-38                      Step forward on right, pivot ½ turn left  
39-40                      Step forward on right, touch left next to right

## SIDE SHIMMIES

41-44                      Rock out to left on left, shimmy for 2, bring left next to right  
45-48                      Rock out to right on right, shimmy for 2, bring right next to left

## SECTION B

### ELVIS RUBBER LEGS, KICK BALL TOUCHES

1-2                      Roll right knee out, roll left knee out  
3-4                      Roll right knee out, roll left knee out  
5&6                      Kick right foot forward, step on right, touch left out to left  
7&8                      Kick left foot forward, step on left, touch right out to right

## **TOUCHES, SAILOR STEP, TOUCHES, SAILOR STEP**

- 9-10 Touch right toe across front of left, touch right toe to right  
11&12 Step right behind left, step on to left, step right to right  
13-14 Touch left toe across in front of right, touch left to left  
15&16 Step left behind right, step onto right, step left to left

## **WALKING HIP BUMPS, ROCK SHUFFLE TURN**

- 17&18 Step forward onto right bumping hips right left right  
19&20 Step forward onto left bumping hips left right left  
21-22 Rock forward onto right, replace weight onto left  
23&24 Turn  $\frac{1}{2}$  right stepping right, left, right

## **HEEL TAPS, COMPLETE TURN**

**Splay arms left hand in front, right hand back.**

- 25-27 Step left toe forward, tap heel, tap heel  
28 Put weight onto left  
29& Touch right to right, hitch right knee turning  $\frac{1}{4}$  left  
30& Touch right to right, hitch right knee turning  $\frac{1}{4}$  left  
31& Touch right to right, hitch right knee turning  $\frac{1}{4}$  left  
32& Touch right to right, hitch right knee turning  $\frac{1}{4}$  left

## **SECTION C**

### **ROCK, SHUFFLE TURN, TOE STRUTS**

- 1-2 Rock forward onto right, replace weight onto left  
3&4 Turning  $\frac{1}{2}$  turn right stepping right, left, right  
5-6 Strut left toe forward, snap left heel down  
7-8 Strut right toe forward, snap right heel down

**Optional: turn the struts to right as you walk forward.**

### **ROCK, SHUFFLE TURN, TOE STRUTS**

- 9-10 Rock forward onto left, replace weight onto right  
11&12 Turning  $\frac{1}{2}$  turn left stepping left, right, left  
13-14 Strut right toe forward, snap right heel down  
15-16 Strut left toe forward, snap left heel down

**Optional: turn the struts to left as you walk forward.**

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