

# Triggered!

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: PJ (UK)  
音樂: You Turn Me On - Tim McGraw



This dance is the same as my dance called "Stuck Together", plus 16 more counts

## SYNCOPATED LOCK STEPS FORWARD, ROCK FORWARD, RECOVER, SHUFFLE $\frac{3}{4}$ TURN RIGHT

1-2&      Step forward on right foot, lock left behind right, step forward on right foot  
3-4&      Step forward on left foot, lock right behind left, step forward on left foot  
5-6      Rock forward on to right foot, recover weight back on to left foot  
7&8      Shuffle  $\frac{3}{4}$  turn right, stepping right left right

## SIDE SHUFFLE, ROCK BACK, RECOVER, KICK BALL CROSS, SIDE ROCK, RECOVER

9&10      Step left foot to left side, close right beside left, step left foot to left side  
11-12      Rock back on right foot, recover weight forward on to left foot  
13&14      Kick right foot forward, step right foot slightly to right side, cross left over right  
15-16      Rock right foot to right side, recover weight on to left foot

## SAILOR $\frac{1}{4}$ TURN, ROCK FORWARD, RECOVER, LEFT SHUFFLE BACK, $\frac{1}{2}$ TURN RIGHT SHUFFLE FORWARD

17&18      Cross right behind left, make  $\frac{1}{4}$  turn right stepping left foot to left side, step right foot in place  
19-20      Rock forward on left foot, recover weight back on to right foot  
21&22      Step back on left foot, close right beside left, step back on left foot  
23&24      Make  $\frac{1}{2}$  turn right stepping forward on to right foot, close left beside right, step forward on right

## ROCK, RECOVER, SHUFFLE FULL TURN LEFT (OR COASTER STEP), JAZZ JUMP FORWARD & BACK WITH CLAPS

25-26      Rock forward on left foot, recover weight back on to right foot  
27&28      Shuffle full turn left, stepping left right left (alternative option: left coaster step)  
&29-30      Jump forward landing right (&), left (29), clap (30)  
&31-32      Jump back landing right (&), left (31), clap (32)

## SYNCOPATED HIP BUMPS FORWARD & BACK, COASTER STEP TWICE

33&34&      Touch right toe forward angling body to left diagonal bumping hips forward, back, forward, back  
35&36      Step back on right foot, close left beside right, step forward on right foot  
37&38&      Touch left toe forward angling body to right diagonal bumping hips forward, back, forward, back  
39&40      Step back on left foot, close right beside left, step forward on left foot

## ROCK, RECOVER, SHUFFLE $\frac{1}{2}$ TURN RIGHT, ROCK, RECOVER, $\frac{3}{4}$ SHUFFLE TURN LEFT

41-42      Rock forward on right foot, recover weight back on to left foot  
43&44      Shuffle  $\frac{1}{2}$  turn right, stepping right left right  
45-46      Rock forward on left foot, recover weight back on to right foot  
47&48      Shuffle  $\frac{3}{4}$  turn left, stepping left right left

## RIGHT VINE WITH HEEL JACK, LEFT VINE WITH HEEL JACK

49-50      Step right foot to right side, cross left behind right  
&51&52      Step right foot slightly back, touch left heel to forward left diagonal, step left foot in place, cross right over left

- 53-54 Step left foot to left side, cross right behind left  
&55&56 Step left foot slightly back, touch right heel to forward right diagonal, step right foot in place, cross left over right
- SIDE ROCK, RECOVER, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN LEFT**
- 57-58 Rock right foot to right side, recover weight to left foot  
59&60 Step forward on right foot, close left beside right, step forward on right foot  
61-62 Rock forward on left foot, recover weight back on to right foot  
63&64 Shuffle ½ turn left, stepping left right left

**REPEAT**

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