

Troubled

拍數: 192 牆數: 0 級數:
編舞者: Ty Barton (AUS)
音樂: T-R-O-U-B-L-E - Travis Tritt



- 1-2 Rock onto right to right side, rock onto left to left side
3&4 Cross right behind left, step left to left side, cross right over left
5-6 Rock onto left to left side, rock onto right to right side
7&8 Cross left behind right, step right to right side, cross left over right
- 1 Touch right toe to right side
&2 Bring right together, touch left toe to left side
&3 Bring left together, touch right heel forward
&4 Bring right together, touch left toe back
5&6 Kick left forward, step on ball of left foot beside right, step forward on right
7&8 Kick left forward, step on ball of left foot beside right, step forward on right
- 1-4 Step left forward, slide right beside left, step left forward, slide right beside left
5-6 Step left forward, pivot $\frac{1}{2}$ turn right
7-8 Shuffle forward left-right-left
- 1-2 Rock forward onto right, rock back onto left
3&4 Triple step right-left-right turning $\frac{3}{4}$ turn right
5-6 Step left forward, pivot $\frac{1}{4}$ turn right
7-8 Step left forward, pivot $\frac{1}{2}$ turn right
- 1&2 Kick left forward, ball change left-right
&3 Step left to left side, step right in place
4-5 Rock back onto left, rock forward onto right
6-8 Rock onto left to left side, rock onto right to right side, cross left over right
- 1&2 Shuffle right-left-right to right side
3-4 Rock back onto left behind right, rock forward onto right
5-6 Step left to left side, step right behind left
7-8 Step left to left side turning $\frac{1}{4}$ turn left, step right forward turning $\frac{1}{2}$ turn left
- 1 Step left back turning $\frac{1}{2}$ turn left
2-3 Step right forward, pivot $\frac{1}{2}$ turn left
4 Scuff right forward
5 Hitch right knee while scooting forward on left
6 Stomp right beside left (placing both hands on hips)
7-8 Turn head & look $\frac{1}{4}$ turn over left shoulder to left, turn head $\frac{1}{4}$ turn right
- 1&2 Kick right forward, ball change right-left, landing right foot slightly behind left
3-4 Turn $\frac{1}{2}$ turn right on balls of both feet, brush up right to left knee
5-6 Rock forward onto right heel with toe raised while lifting left heel, drop left heel
7-8 Rock back onto right toe with heel raised while lifting left toe, drop left toe
- 1&2 Shuffle forward right-left-right
3-4 Rock forward onto left, rock back onto right
5&6 Shuffle back left-right-left

- 7-8 Rock back onto right, rock forward onto left
- 1-2 Step right forward at 45 degrees right, lock left behind right
 &3-4 Step right in place, step left forward at 45 degrees left, lock right behind left
 &5-6 Step left in place, step right forward at 45 degrees right, lock left behind right
 &7-8 Step right in place, step left forward at 45 degrees left, lock right behind left
- &1 Step left in place, step forward on right
 2 Turn ½ turn left
 3-4 Rock forward onto right heel with toe raised while lifting left heel, drop left heel
 5-6 Rock back onto right toe with heel raised while lifting left toe, drop left toe
 7&8 Shuffle forward right-left-right turning ¾ turn left
- 1-4 Step left to left side & rock hips left, right . Left . Stomp right beside left
 5-8 Vine right-left-right turning 1-¼ degrees right, step forward on left
- 1-2 Kick right forward, kick right out to right side
 &3-4 Step right in place, kick left forward, kick left out to left side
 &5-6 Step left in place, kick right forward, kick right out to right side
 &7-8 Step right in place, kick left forward, kick left out to left side
- &1-2 Step left back, bring right together, step left forward
 3&4 Shuffle forward right-left-right turning ½ turn left
 5&6 Shuffle back turning ¾ turn left
 7-8 Step right to right side, step left behind right
- &1 Step right to right side, cross left over right
 &2 Step right to right side, cross left behind right
 &3 Step right to right side, cross left over right (taking weight onto left)
 4 Touch right toe to right side
 5-6 Cross right over left, unwind turning ½ turn left
 7 Stomp right out to right side & click fingers of right hand at shoulder level
 8 Stomp left out to left side (shoulder width apart) & click fingers of left hand at shoulder level
- 1-2 Jump feet together, slap both hands in a downwards motion across thighs
 3-4 Touch right heel forward, touch right toe to right side
 5-6 Touch right heel forward, touch right toe across in front of left
 7-8 Touch right heel forward, touch right toe back
- 1-4 Vine to right right-left-right, touch left beside right & clap
 5-7 Vine to left left-right-left turning 1-¼ degrees left
 8 Hitch right knee while scooting forward on left foot
- 1-2 Step forward on right at 45 degrees right bump hips forward twice
 3-6 Bump hips back, back, forward, back (taking weight on left)
 7-8 Step forward on right, scuff left forward
- 1-2 Cross left over right, turn ¼ turn right keeping weight on right
 3-4 Hitch left knee, step back on left & click fingers of both hands at shoulder height
- The following shoulder rolls are done while leaning upper body back & are accompanied by arm rolls all in a to the left motion**
- 5 Roll right shoulder back while rolling right arm under left
 6 Roll left shoulder back while rolling left arm under right

- 7 Roll right shoulder back while rolling right arm under left
8 Roll left shoulder back while rolling left arm under right
- 1-2 Shimmy shoulders forward twice bending slightly forward
3-4 Shimmy shoulders back twice returning to upright position
5 Jump onto right turning $\frac{1}{4}$ turn right while flicking left out behind right
6-7 Scuff left forward, step left forward turning $\frac{1}{4}$ turn right
8 Turn $\frac{1}{2}$ turn right and step onto right
- 1-2 Rock onto left heel across in front of right with toe raised, rock back onto right
3-4 Touch left toe to left side with heel raised, drop left heel
5-6 Rock onto right heel across in front of left with toe raised, rock back onto left
7-8 Touch right toe to right side with heel raised, drop right heel
- 1-2 Tap left heel twice pushing left knee slightly in each time
3-4 Tap right heel twice pushing right knee slightly in each time
5 Push left knee in (bending left leg and straightening right leg)
6 Push right knee in (bending right leg and straightening left leg)
7 Push left knee in (bending left leg and straightening right leg)
8 Push right knee in (bending right leg and straightening left leg) take weight on left
- 1&2 Kick right forward, ball change right-left landing right slightly behind left
3-4 Twist whole body $\frac{1}{4}$ turn right, twist whole body $\frac{1}{4}$ turn left
5-6 (Coaster step) step back onto right, step left together, step forward on right
7&8 Shuffle forward left-right-left
- 1-2 Step forward on right, pivot $\frac{1}{4}$ turn left
3-4 Step forward on right, pivot $\frac{1}{2}$ turn left
5&6 Shuffle forward right-left-right turning $\frac{1}{2}$ turn left
7&8 Shuffle back left-right-left turning $\frac{3}{4}$ turn left

REPEAT
