

# Troubles I Forgot 'em

拍數: 64      牆數: 4      級數: Improver  
編舞者: Helen K. Hargnett (USA)  
音樂: Two Pina Coladas - Garth Brooks



## STEP SLIDES TO LEFT, SHUFFLE IN PLACE

1-2      Step to left on left foot, slide right foot next to left  
3-4      Step to left on left foot, slide right foot next to left  
5-6      Step to left on left foot, slide right foot next to left  
7&8      Shuffle in place left, right, left\*

## STEP SLIDES TO RIGHT, SHUFFLE IN PLACE

1-2      Step to right on right foot, slide left foot to right  
3-4      Step to right on right foot, slide left foot to right  
5-6      Step to right on right foot, slide left foot to right  
7&8      Shuffle in place right, left, right\*

## MODIFIED LEFT VINE WITH HOLD, PIVOT ½ TURN, SHUFFLE FORWARD RIGHT

1-2      Step to left side with left foot, step right foot behind left  
3-4      Turn left foot ¼ turn, hold one count  
5-6      Place right foot in front of left, pivot ½ turn to left  
7&8      Shuffle forward right, left, right (weight ending on right foot)

## MODIFIED RIGHT VINE WITH HOLD, PIVOT ½ TURN, SHUFFLE FORWARD LEFT

1-2      Left step into ¼ turn right, (you are facing back wall) step right foot behind left  
3-4      Turn left foot ¼ turn, hold one count  
5-6      Place right foot in front of left, pivot ½ turn to left  
7&8      Shuffle forward right, left, right (you should be facing new wall)

## STEP SLIDE AT 45 DEGREE ANGLE, SHUFFLE IN PLACE LEFT, RIGHT, LEFT

1-2      Step left foot at an angle and slide right foot beside left\*  
3-4      Step left foot at an angle and slide right foot beside left\*  
5-6      Step left foot at an angle and slide right foot beside left\*  
7&8      Shuffle in place left, right, left

## STEP BACK SLIDE AT 45 DEGREE ANGLE, SHUFFLE IN PLACE RIGHT, LEFT, RIGHT

1-2      Step back on right foot at an angle and slide left foot beside right\*  
3-4      Step back on right foot at an angle and slide left foot beside right\*  
4-5      Step back on right foot at an angle and slide left foot beside right\*  
7&8      Shuffle in place right, left, right rock forward, back hold\*  
1-4      Rock forward on left, rock back on right, step left beside right (home) hold one count  
5-8      Rock back on right, rock forward on left, step right foot beside left (home) and hold one count

## ROCK SIDES, HOLDS\*

1-4      Rock to left side on left, rock in place on right, step left foot to right (home) and hold one count  
5-8      Rock to right on right foot, rock in place on left foot, step right foot to left (home) and hold one count (weight ending on right foot)

## REPEAT

After the first 56 counts, Garth will add a little extra beat so just move your hips and start over after he sings "so bring me"

**\*Show calypso moves while doing this dance using your hips and feet with an attitude!**

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