

# Complicated

拍數: 32      牆數: 2      級數: Intermediate/Advanced  
編舞者: Larry Pizzini Jr. (USA)  
音樂: Complicated - Avril Lavigne



## ROCK, RECOVER, STEP, ROCK, RECOVER, STEP, STEP, ½ TURN, FULL TURN, ROCK, RECOVER

- 1            Rock back on right foot
- &            Recover on left foot
- 2            Step forward at a 45 degree angle on right foot
- 3            Rock back on left foot
- &            Recover on right foot
- 4            Step forward on left foot
- 5            Step forward on right foot
- 6            Pivot ½ turn (weight on left foot)
- 7&          Make a traveling full turn to the left stepping right foot then left foot
- 8            Rock step right foot to right side
- &            Recover on left foot

## CROSS STEP, ROCK, RECOVER, CROSS STEP, ¼ STEP, STEP, ROCK, RECOVER, TRIPLE LOCK STEP, STEP

- 1            Cross step right foot in front of left foot
- &            Rock to the left on left foot
- 2            Recover weight on right foot
- 3            Cross left foot in front of right foot
- &            Step back on right foot making ¼ turn left
- 4            Step left foot to the left
- 5            Rock back on right foot
- 6            Recover on left foot
- 7&8        Triple lock step forward right-left-right
- &            Step left foot forward

## ½ TURN, ¾ TURN, ROCK, RECOVER, STEP, MODIFIED VINE WITH ¼ TURN, STEP, ½ TURN, FULL TURN

- 1            Pivot ½ turn to the right (weight on right foot)
- &2          ¾ turn to the right traveling to the right stepping left foot then right foot
- 3            Cross rock left foot in front of right foot
- &            Recover on right foot
- 4            Step left foot to the left
- 5            Cross right foot in front of left foot
- &            Step left foot to the left
- 6            Cross right foot behind left foot
- &            Step left foot to the left making ¼ turn left
- 7            Step right foot forward
- &            Pivot ½ turn to the left (weight on left foot)
- 8&        Make a traveling full turn to the left stepping right foot then left foot

## ROCK, RECOVER, STEP, ROCK, RECOVER, ¼ STEP TURN, TOE, STEP, TOE, STEP

- 1            Rock forward on right foot
- &            Recover on left foot
- 2            Step right foot back
- 3            Cross step left foot in front of right foot

- & Recover on right foot
- 4 Step left foot to the left making a ¼ turn left
- 5 Touch right toe forward
- 6 Step down on right foot
- 7 Touch left toe forward
- 8 Step down on left foot

**REPEAT**

**TAG**

**After the 1st, 3rd, and 4th repetitions you will do this one**

**ROCK, RECOVER, STE, ROCK, RECOVER, STEP, STEP, ½ TURN, FULL TURN, ROCK, RECOVER**

- 1 Rock back on right foot
- & Recover on left foot
- 2 Step forward at a 45 degree angle on right foot
- 3 Rock back on left foot
- & Recover on right foot
- 4 Step forward on left foot
- 5 Step forward on right foot
- 6 Pivot ½ turn (weight on left foot)
- 7& Make a traveling full turn to the left stepping right foot then left foot
- 8 Rock step right foot to right side
- & Recover on left foot

**CROSS STEP, ROCK, RECOVER, CROSS STEP, STEP, STEP, TOE, STEP, TOE, STEP**

- 1 Cross step right foot in front of left foot
- & Rock to the left on left foot
- 2 Recover weight on right foot
- 3 Cross left foot in front of right foot
- & Step back on right foot
- 4 Step left foot to the left
- 5 Touch right toe back
- 6 Step down on right foot
- 7 Touch left toe back
- 8 Step down on left foot

**TAG**

**After the 2nd repetition, you will do this one**

**ROCK, RECOVER, STEP, ROCK, RECOVER, STEP**

- 1 Rock back on right foot
  - & Recover on left foot
  - 2 Step forward at a 45 degree angle on right foot
  - 3 Rock back on left foot
  - & Recover on right foot
  - 4 Step forward on left foot
-