

Dead Tired

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gaye Teather (UK) - July 2007
音樂: I Can Sleep When I Am Dead - Jason Michael Carroll : (CD: Waitin' In The Country)



16 count intro

WALK FORWARD X 3, KICK & CLAP, WALK BACK X 3, TOUCH

1-4 Step right forward, step left forward, step right forward, kick left forward (clap)
5-8 Step left back, step right back, step left back, touch right to side

RESTART here DURING wall 3 (facing 6:00)

TURN ½, TOUCH, TOGETHER, TOUCH, TURN ½, TOUCH, TOGETHER, TOUCH (MODIFIED MONTEREY)

1-2 Turn ½ right and step right together, touch left to side
3-4 Step left together, touch right to side
5-6 Turn ½ right and step right together, touch left to side
7-8 Step left together, touch right to side (12:00)

CROSS, TURN ¼ RIGHT, BACK, TOUCH OVER, SHUFFLE FORWARD, STEP, PIVOT TURN ½ LEFT

1-2 Cross right over left, turn ¼ right and step left back
3-4 Step right back, cross/touch left toe over right
5&6 Step left forward, step right together, step left forward
7-8 Step right forward, turn ½ left (weight to left, 9:00)

SHUFFLE FORWARD, STEP, TURN ½ RIGHT, LEFT TOE STRUT, KICK BALL CHANGE

1&2 Step right forward, step left together, step right forward
3-4 Step left forward, turn ½ right (weight to right, 3:00)
5-6 Step left toe forward, drop left heel
7&8 Kick right forward, step right together, step left in place

FORWARD OUT, OUT, BACK IN, IN, JAZZ BOX, CROSS

1-2 Step right diagonally forward, step left diagonally forward (feet apart)
3-4 Step right to home, step left together
5-8 Cross right over left, step left back, step right to side, cross left over right

CHASSE RIGHT, BACK ROCK, CHASSE LEFT, BACK ROCK

1&2 Step right to side, step left together, step right to side
3-4 Rock left back, recover onto right
5&6 Step left to side, step right together, step left to side
7-8 Rock right back, recover onto left

FIGURE OF 8 TURNING FULL TURN RIGHT (CRUISING TURN)

1-2 Step right to side, cross left behind right
3-4 Turn ¼ right and step right forward, step left forward
5-6 Turn ½ right (weight to right), turn ¼ right and step left to side
7-8 Cross right behind left, step left to side (3:00)

CROSS, HOLD & CLAP & CROSS, HOLD & CLAP, BACK, SIDE, FORWARD, FLICK

1-2 Cross right over left, clap
& Small step left to side
3-4 Cross right over left, clap
5-6 Step left back, step right to side
7-8 Step left forward, flick right back

REPEAT
