I'm So Tired

拍數: 32	牆數: 4	級數: Improver

編舞者: Rebecca Armstrong (SCO) - December 2008

音樂: Up All Night - Take That : (Album: The Circus)

Intro 8 counts

(1-8) WALK, WALK, WALK, FLICK, BACK, BACK, COASTER STEP

1-2	step fwd on R, step fwd on L
3-4	step fwd on R, flick L foot behind R knee
5-6	step back on L, step back on R
7&8	step back on L, step R beside L, step fwd on L

(9-16) ROCK, RECOVER, ½ SHUFFLE, ROCK, RECOVER, BACK, ROCK, RECOVER, BACK

1-2	rock fwd on R, recover back on L
3&4	make ¼ turn R stepping R to R side, step L beside R, make ¼ turn R stepping R to R side
5&6	rock L to L side, recover on to R, step back on L
7&8	rock R to R side, recover on to L, step back on R

(17-24) ROCKING CHAIR, STEP BACK, HOOK, FWD SHUFFLE

1-2	rock back on L, recover fwd on R
3-4	rock fwd on L, recover back on R
5-6	step back on L, hook R across L
7&8	step fwd on R, step L beside R, step fwd on R

(25-32) STEP ½ PIVOT, ROCK, RECOVER, STEP, LOCK, BACK, LOCK, UNWIND ¾

1-2	step fwd on L, pivot ½ turn R (ending weight on R)
3&4	rock fwd on L, recover back on R, step back on L
5&6	lock R across L, step back on L, lock R across L
7-8	unwind ¾ turn L over 2 counts (weight ending on L)

Restart On Wall 4
After count 8, start dance again