

# Trouble Is A Friend

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Cato Larsen (NOR) - December 2009  
音樂: Trouble Is a Friend - Lenka



**Intro: Start the dance at vocals after 16 counts. (12 seconds).**

**(1–9) Step, Mambo Step, Point, Unwind, Kick-Cross-Back, Side Rock.**

1                      Step forward on right (1). [12:00]  
2&3                  Step forward on left (2), Rock (recover) weight back again onto right (&), Step back on left (3).  
4,5                  Point right toe back (4), Unwind ½ turn right (5). [6:00]  
6&7                  Kick right foot forward (6), Cross right over left (&), Step back on left (7).  
8,1                  Step right to right side (8), Rock (recover) weight back again onto left (1).

**(10–17) Sailor Step, Cross Rock, Side Shuffle, Step, 1/4 Turn.**

2&3                  Cross right behind left (2), Step left slightly left (&), Step right slightly right (3).  
4,5                  Cross left over right (4), Rock (recover) weight back again onto right (5).  
6&7                  Step left to left side (6), Step right next to left (&), Step left to left side (7).  
8,1                  Step forward on right (8), Pivot ¼ turn left (1). [3:00]

**(18–25) Kick-Ball-Touch, Dip With Hip Thrust, Shoulder Shrugs, Step, Hitch 1/4 Turn.**

2&3                  Kick right foot forward (2), Step right next to left (&), Touch left toe forward (3).  
&                      Dip down by bending your knees and Push hips forward (&)  
4                      Push hips back (4).  
&                      Raise up and Push hips forward (&).  
5                      Push hips back (5).  
6                      Push right shoulder up and left shoulder down (6).  
&                      Push right shoulder down and left shoulder up (&).  
7                      Push right shoulder up and left shoulder down (7).  
8,1                  Step forward on left (8), Hitch right knee Turning ¼ turn left (1). [12:00]

**RESTART: Restart from here on wall 9. OMIT count 1. Start from the top! You will be facing 9:00**

**(26–32) Cross Rock, Side, Diagonal Walk Forward, 1/2 Turn, Walk Diagonal Forward, 5/8 Turn.**

2&                      Step right across of left (2), Rock (recover) back again onto left (&).  
3                      Step right to right side (3).  
4,5                  Step left diagonally forward left across of right (4), Step right diagonally forward right (5). [1:30]  
6                      Pivot ½ turn left (6). [7:30]  
7                      Step right diagonally forward right (7). [7:30]  
8                      Step left diagonally forward across of right (8). [7:30]  
&                      Pivot 5/8 turn right (&). [3:00]

**TAG: To be danced AFTER wall 3. You will be facing 9:00.**

**(1–8) Step, Anchor Step, Point, Unwind, Shuffle Forward, Step.**

1                      Step forward on right (1). [9:00]  
2&                      Step left in 3rd position behind right (2), Step right next to left (&).  
3                      Step slightly back on left (3).  
4,5                  Point right toe back (4), Unwind ½ turn right (5).  
6&7                  Step forward on right (6), Step left next to right (&), Step forward on right (7).  
8                      Step forward on left (8).

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