

Trouble Is

拍數: 48 牆數: 4 級數: High Intermediate NC2
編舞者: Scott Blevins (USA) - May 2010
音樂: Trouble Is - Allison Iraheta : (CD: Just Like You)



Official Step sheet prepared by: Debi Pancoast

Restarts are on rotation 2 (after count 40&) and rotation 5 (after 24&)
8 count intro to start with lyrics; count 1 is on the word "slip"

(1 - 8)

1-2& 1) Large step side R; 2) Step on ball of L behind R; &) Small step R across L
3-4& 3) Large step side L opening slightly to right diagonal starting ½ turn right [1:00]; 4) Finish ½
turn right stepping forward R [6:00]; &) Small step forward L
5-6-7 5) Step forward on R; 6) Turn ½ left recovering weight on L [12:00]; 7) Step forward R
&&& &) Turn ½ right stepping back L [6:00]; 8) Turn ½ right stepping forward R [12:00]; &) Step
forward L

(9 -16)

1-2 1) Rock forward R; 2) Recover weight back on L
3&4& These counts move you back towards 6:00: 3) Step back R; &) "Lock" step L back across R;
4) Step back R; &) "Lock" step L back across R
5-6-7 These counts travel in a small clockwise circle: 5) Turn ½ right with small step forward R
[6:00]; 6) Turn ¼ right stepping forward L [9:00]; 7) Turn 1/8 right stepping forward R [11:00
diagonal]
&&& &) Step forward L; 8) Turn ½ left stepping back R [5:00 diagonal]; &) Turn ½ left [11:00
diagonal] stepping forward L

(17-24)

1-2 1) Rock forward R; 2) Recover weight back on L [12:00]
3&4& 3) Square up to 12:00 stepping side R; &) Step L across R; 4) Step side R; &) Step L behind
R
5-6 5) Step side R; 6) Leave both feet in place and take weight on L as you turn ½ right on ball of
L to create a "spiral" effect [6:00] while your head continues looking towards 1:00 over left
shoulder (i.e. your body makes a reverse spiral turn towards 6:00 while your head lingers
towards 1:00)
7&&& 7) Turn 1/8 right stepping forward R [7:00 diagonal]; &) Turn ½ right stepping back L
[1:00diagonal]; 8) Turn 1/8 right stepping side R [3:00]; &) Step L across R

*** (Restart on rotation 5) ***

(25-32)

1-2& 1) Large step side R; 2) Step on ball of L behind R; &) Small step R across L
3-4& 3) Turn ¼ right stepping back L [6:00]; 4) Turn 3/8 right stepping forward R [11:00 diagonal];
&) Step forward L
5&&6& 5) Step forward R; &) Rock forward L; 6) Recover weight back on R; &) Step back L
7&8 7) Turn 3/8 right stepping forward R [3:00]; &) Turn ½ right stepping back L [9:00]; 8) Turn ¼
right stepping side R [12:00]

(33-40)

&/1-2 This first step happens on the "1" count during the verse and on the "&" count, holding count
"1" during the chorus: &/1) Rock step L across R; 2) Recover weight back on R
3&4 ¼ Turning Sailor: 3) Turn ¼ left sweeping L counterclockwise from front to back and step
behind R [9:00]; &) Small step side R; 4) Small step forward L

&5-6 &) Step forward R; 5) Turn ¼ right sweeping L clockwise from back to front [12:00]; 6) Step L across R

Note: Bend deeper into R knee on counts &5 for broader sweep using your arms for counterbalance.

7&8& 7) Turn ¼ right stepping forward R; &) Turn ½ right stepping back L; 8) Turn ¼ right stepping side R; &) Step L across R [12:00]

***** (Restart on rotation 2) *****

(41-48)

1-2&3 1) Large step side R; 2) Turn ¼ left stepping back L [9:00]; &) Step R next to L; 3) Step forward L

4&5 4) Turn ¼ right stepping R across L [12:00]; &) Small step back L; 5) Step back R opening slightly to right diagonal

&6 &) Cross L over R; 6) Unwind a bit more than a full turn right ending with weight on R [2:00]

7&8 7) Rock step side L to square up to [3:00]; &) Recover weight on R; 8) Step L across R

Begin Again & Enjoy!
