

# Sick & Tired

**COPPERKNOB**  
BY STEPHEN

拍數: 64      牆數: 2      級數: Improver  
編舞者: PJ Badrick (UK) - September 2012  
音樂: High Time - Toby Keith : (CD: Clancy's Tavern - Deluxe Edition - iTunes)



Intro: 32 counts

## RIGHT HEEL GRIND/ROCK, RECOVER, ROCK BACK, RECOVER, STEP, TOUCH, STEP BACK, KICK

1-2      Rock right forward heel (grinding heel into floor turning toes out), recover back to left  
3-4      Rock right back, recover to left  
5-6      Step right forward, touch left together  
7-8      Step left back, kick right forward

## RIGHT COASTER STEP, SCUFF, LEFT LOCK STEP FORWARD WITH SCUFF

9-12      Step right back, step left together, step right forward, scuff left forward  
13-16      Step left forward, lock right behind left, step left forward, scuff right forward

## STEP, ½ TURN LEFT, STEP, HOLD, FULL TURN RIGHT (OR WALK FORWARD), STEP, SCUFF

17-20      Step right forward, turn ½ left, step right forward, hold (6:00)  
21-22      Turn ½ right and step back to left, turn ½ right and step forward to right (6:00)  
23-24      Step left forward, scuff right forward

## RIGHT JAZZ ¼ TURN, CROSS, SIDE, BEHIND, SIDE, TOUCH

25-26      Cross right over left, turn ¼ right and step left back (9:00)  
27-28      Step right side, cross left over right  
29-30      Step right side, cross left behind right  
31-32      Step right side, touch left toe in place

## SIDE STEP LEFT, TOUCH, ½ MONTEREY TURN WITH SIDE ROCK, RECOVER, CROSS, HOLD

33-34      Step left side, touch right together  
35-36      Touch right side, on ball of left turn ½ right closing right beside left (Monterey) (3:00)  
37-40      Rock left side, recover to right, cross left over right, hold

## TURN ½ LEFT WITH CROSS, HOLD, STEP LEFT, TOUCH, STEP RIGHT, TOUCH

41-42      Turn ¼ left and step right back, turn ¼ left and step left side (9:00)  
43-44      Cross right over left, hold  
45-48      Step left side, touch right toe in place, step right side, touch left toe in place

## SIDE STEP LEFT, TOUCH, ½ MONTEREY TURN WITH SIDE ROCK, RECOVER, CROSS, HOLD

49-50      Step left side, touch right together  
51-52      Touch right side, on ball of left turn ½ right closing right beside left (Monterey) (3:00)  
53-56      Rock left side, recover to right, cross left over right, hold

## SIDE ROCK, RECOVER, CROSS, SIDE, BEHIND, ¼ TURN, STEP, ½ TURN

57-60      Rock right side, recover to left, cross right over left, step left side  
61-62      Cross right behind left, turn ¼ left and step left forward (12:00)  
63-64      Step right forward, turn ½ left (6:00)

REPEAT