

# Sick 'n Tired

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Linda Reese (USA) - March 2013  
音樂: Tired of Getting My Butt Kicked - The Bellamy Brothers : (iTunes)



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## 16 count intro - No Tags or Restarts

### R Diagonal Step, Lock, Step, Brush, Repeat L Diagonal

- 1-4            Step right diagonal forward, step left behind right, step right diagonal forward, scuff or brush left  
5-8            Step left diagonal forward, step right behind left, step left forward, scuff or brush right

### Toe Heel Struts Forward 2X, Kick, Kick, Back Rock Recover

- 1-4            Step ball of right foot forward, drop right heel, step ball of left foot forward, drop left heel down  
5-8            Kick right forward 2x's, rock back on right, recover on left

### Toe Heel Struts (Out, Out, In, In)

- 1-4            Touch ball of right slightly forward and to right side, drop right heel, touch ball of left slightly forward and to left side, drop left heel  
5-8            Touch ball of right back to center, drop right heel, touch ball of left back to center, drop left heel

### ½ Chase Turn L, ¼ Chase Turn L

- 1-4            Step right forward, pivot ½ turn left, step right forward, hold  
5-8            Step left forward, pivot ¼ turn right, step left forward, hold

## Repeat

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