

# Sick & Tired

**COPPER KNOB**  
BY STEPSHEETS

拍數: 40      牆數: 4      級數: Improver  
編舞者: Shirley Blankenship (USA) - June 2013  
音樂: Sick and Tired - Boz Scaggs : (Album: Come On Home - 1997)



## Start On Vocal

### Charleston Steps

1-2            Point Right Toe Forward, Right Toe Behind (Step)  
3-4            Point Left Toe Back, Left Toe Forward (Step)  
5-8            Repeat

### Option- Use Sweeping Motion With Steps, And Swing Arms Forward And Back

### Step, Lock, Step, Brush, Right And Left

1-4            Forward Right, Left Behind, Step Right, Brush Left  
5-8            Forward Left, Right Behind, Step Left, Brush Right

### Side Rock, Cross, Hold, Right And Left,

1-2            Side Rock Right, Recover Left  
3-4            Right Cross Left , Hold  
5-6            Side Rock Left, Recover Right  
7-8            Left Cross Right, Hold

### Vine, Right And Left, Brush

1-4            Step Right Side, Left Behind, Step Right, Left Brush  
5-8            Step Left To Side ,Right Behind, Step Left,Right Brush

### Toe Strut Jazz 1/4 Right

1-2            Cross Right Over Left ,Drop Right Heel  
3-4            Step Left Toe Back, Drop Left Heel  
5-6            Step 1/4 Right Toe,Drop Right Heel  
7-8            Step Left Toe Forward, Drop Right Heel

Repeat,

Have Fun, Enjoy

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