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| Tired |  |

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| . |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Daniel Trepat (NL), Roy Verdonk (NL) & Sebastiaan Holtland (NL) - August 2017 |
| **Music:** | Tired (Kygo Remix) - Alan Walker & Gavin James : (iTunes & other mp3 sites) |
| . |

**Tag : after wall 3 there is a 4 count tag ( facing 6.00 o' clock)**

**Section 1 Kick/Ball/Cross, Side Rock/Recover, Back Rock/Recover, Chasse R**

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| --- | --- |
| 1&2 | Rf kick diagonally forward right, Rf step together(&), Lf cross in front of Rf |

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| --- | --- |
| 3-4 | Rf rock right, recover onto Lf |

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| --- | --- |
| 5-6 | Rf rock back, recover onto Lf |

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| --- | --- |
| 7&8 | Rf step right, Lf step together(&), Rf step right |

**Section 2 Back Rock/Recover, Side, Behind, Full Turn L, Chasse L**

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| --- | --- |
| 1-2 | Lf rock back, recover onto Rf |

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| --- | --- |
| 3-4 | Lf step left, Rf cross behind Lf |

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| --- | --- |
| 5-6 | make 1/4 turn left stepping Lf forward (9.00), make 1/2 turn left stepping Rf back (3.00) |

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| --- | --- |
| 7&8 | make 1/4 turn left stepping Lf left (12.00), Rf step together(&), Lf step left |

**Section 3 Cross, Point L, Cross, 1/4 Turn L, Back, Triple Back L, Rock Back/Recover**

|  |  |
| --- | --- |
| 1-2 | Rf cross in front of Lf, Lf point left |

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| --- | --- |
| 3-4 | Lf cross in front of Rf, make 1/4 turn left stepping Rf back (9.00) |

|  |  |
| --- | --- |
| 5&6 | Lf step back, Rf step together(&), Lf step back |

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| --- | --- |
| 7-8 | Rf rock back, recover onto Lf |

**Section 4 Point R, Cross, Point L, Cross, Jazz box R With 1/4 Turn R**

|  |  |
| --- | --- |
| 1-2 | Rf point right, Rf cross in front of Lf |

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| --- | --- |
| 3-4 | Lf point left, Lf cross in front of Rf |

|  |  |
| --- | --- |
| 5-6 | Rf cross in front of Lf, make 1/4 turn right stepping Lf back (12.00) |

|  |  |
| --- | --- |
| 7-8 | Rf step right, Lf step forward |

**Section 5: Irish Tap Section, Chasse R**

|  |  |
| --- | --- |
| 1&2& | Rf touch heel forward, step together(&), Lf touch heel forward, Lf step together |

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| --- | --- |
| 3&4& | Rf touch behind Lf, Rf small step back(&), Lf touch heel forward, Lf step back in place (&) |

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| --- | --- |
| 5&6 | Rf brush forward, Rf cross in front of Lf(&), Lf step back |

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| --- | --- |
| 7&8 | Rf step right, Lf step together (&), Rf step right |

**Section 6 Cross, Side, Behind/Side/Heel, Ball/Cross, Side, Sailor Step With 1/4 Turn R**

|  |  |
| --- | --- |
| 1-2 | Lf cross in front of Rf, Rf step right |

|  |  |
| --- | --- |
| 3&4 | Lf cross behind Rf, Rf small step right(&), Lf touch heel diagonally forward left |

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| --- | --- |
| &5-6 | Lf step together(&), Rf cross in front of Lf, Lf step left |

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| --- | --- |
| 7&8 | Rf cross behind Lf, make 1/4 turn right stepping Lf slightly left (&) , Rf step forward (3.00) |

**Section 7 Toe Heel Struts (L, R, L, R) With Finger Snaps**

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| --- | --- |
| 1-2 | Lf touch toes forward, Lf drop heel down snapping fingers down next to body |

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| --- | --- |
| 3-4 | Rf touch toes forward, Rf drop heel down snapping fingers next top body |

|  |  |
| --- | --- |
| 5-6 | Lf touch toes forward, Lf drop heel down snapping fingers down next to body |

|  |  |
| --- | --- |
| 7-8 | Rf touch toes forward, Rf drop heel down snapping fingers next top body |

**Section 8 Rock Forward/Recover, Triple With 1/2 Turn L, 1/4 Turn R, Brush/Ball/Cross**

|  |  |
| --- | --- |
| 1-2 | Lf rock forward, recover onto Rf |

|  |  |
| --- | --- |
| 3&4 | make 1/4 turn left stepping Lf left(12.00), Rf step together(&), make 1/4 turn left stepping Lf forward (9.00) |

|  |  |
| --- | --- |
| 5-6 | Rf step forward, make 1/4 turn left stepping Lf left (6.00) |

|  |  |
| --- | --- |
| 7&8 | Rf brush diagonally forward right, Rf step together (&), Lf cross in front of Rf |

**Tag : after wall 3 (facing 6.00) you will do 4 count Tag**

**Hip Sways**

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| --- | --- |
| 1-2 | Rf step right swaying hips right, sway hips left |

|  |  |
| --- | --- |
| 3-4 | sway hips right, sway hips left (taking weight onto Lf) |