

Trouble Is a Friend

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Linah Lunardi (INA) - April 2024

Musik: Trouble Is a Friend - Lenka



Intro : 16 counts, start with weight on L foot

1 Tag, 1 Restart

(1-8) FWD-CROSS-FWD-SIDE TOUCHES, LINDY R

12 Touch RF fwd, Touch RF cross over LF
34 Touch RF fwd, Touch RF next to LF
5&6 Step RF to R, Close LF next to RF, Step RF to R
78 Rock LF back, Recover onto RF

(9-16) FWD-CROSS-FWD-SIDE TOUCHES, 1/4 R LINDY L

12 Touch LF fwd, Touch LF cross over RF
34 Touch LF fwd, Touch LF next to RF
5&6 Step LF to L, Close LF next to RF, Step LF to L
78 Turn 1/4 R rocking RF back, Recover onto LF

(17-24) KICK BAL CHANGE (2X), FWD-CLOSE, BACK-CLOSE

1&2 Kick RF fwd, Rock R ball next to LF, Recover onto LF
3&4 Kick RF fwd, Rock R ball next to LF, Recover onto LF
56 Step RF fwd, Close LF next to RF
78 Step RF back, Close LF next to RF

- RESTART ON WAL 8 (restart facing 6:00) -

(25-32) 1/2 L PADDLE TURN WITH HIP ROL S

12 Step RF fwd pushing your hip back, Turn 1/8 L rolling hip to R and weight on LF
34 Step RF fwd pushing your hip back, Turn 1/8 L rolling hip to R and weight on LF
56 Step RF fwd pushing your hip back, Turn 1/8 L rolling hip to R and weight on LF
78 Step RF fwd pushing your hip back, Turn 1/8 L rolling hip to R and weight on LF

TAG (8 Count) after the end of wal 3:

ROCKING CHAIR (2X)

1-4 Rock RF fwd, Recover onto LF, Rock RF back, Recover onto LF.
5-8 Rock RF fwd, Recover onto LF, Rock RF back, Recover onto LF.

ENDING: Wall 12 is your last wall. It starts facing 9:00. For you to finish facing 12:00, do up to count 24 and then for (25-32) do Step RF fwd pushing your hip back, Turn 1/4 L rolling hip to R and weight on LF for four times. Get your groove on and enjoy your dancing!

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