

# Turmoil (P)

Count: 32

Wand: 0

Ebene: Partner

Choreograf/in: Rick Bates (USA) & Deborah Bates (USA)

Musik: Lucky Me, Lucky You - Lee Roy Parnell



**Position: Indian Position, facing LOD**

## **SQUAT, STAND UP, SIDE EXTENSION, ROCK STEP, FULL TURN TO THE RIGHT**

- 1-2 Bend knees and lower body; straighten knees and stand upright  
3-4 With body facing forward, turn head and right leg toward 3:00 and extend right leg and right arm to the right; bring right leg and right arm to center and turn head forward  
5-6 Step forward on right foot; rock back onto left foot  
**Release left hands and raise right hands. Partners turn under upraised joined hands**  
7-8 Pivot ½ turn to the right on ball of left foot and step forward on right foot; pivot ½ turn to the right on ball of right foot and step left foot next to right

**Rejoin hands back in the Indian position**

## **ROCK STEP, WALK FORWARD**

- 9-10 Step back on right foot; rock forward onto left foot  
11-12 Step forward on right foot; step forward on left foot

## **MAN: DIAGONAL STEP-SLIDE RIGHT, TOGETHER, LADY: DIAGONAL ROLLING TURN, TOGETHER**

**Man does the following steps almost in place allowing partner to end to the right of man**

**Release left hands and raise right hands. Lady turns under upraised joined hands...**

- 13-14 **MAN:** Step forward and diagonally to the right on right foot; slide left foot next to right and step  
**LADY:** Step forward and diagonally to the right on right foot and begin a full turn to the right traveling to the right, step on left foot and continue full to the right traveling turn  
15-16 **MAN:** Step forward and diagonally to the right on right foot; step left foot next to right  
**LADY:** Step on right foot and complete full to the right traveling turn; step left foot next to right

**Rejoin hands in the right side-by-side position**

## **SYNCOPATED HEEL SWITCHES, TOE-HEEL STRUTS**

- 17& Touch right heel forward; step right foot to home  
18& Touch left heel forward; step left foot to home  
19-20 Step forward on right toe; lower right heel down onto floor  
21& Touch left heel forward; step left foot to home  
22& Touch right heel forward; step right foot to home  
23-24 Step forward on left toe; lower left heel down onto floor

## **WALK FORWARD, FORWARD SHUFFLE**

- 25-26 Step forward on right foot; step forward on left foot  
27-28 Shuffle forward (right, left, right)

## **MAN: DIAGONAL STEP-SLIDE LEFT, TOGETHER, LADY: DIAGONAL ROLLING TURN, TOGETHER**

**Man does the following steps almost in place allowing partner to end in front of man**

**Release left hands and raise right hands. Lady turns under upraised joined hands..**

- 29-30 **MAN:** Step forward and diagonally to the left on left foot; slide right foot next left and step  
**LADY:** Step forward and diagonally to the left on left foot and begin a full turn to the left traveling to the left; step on right foot and continue full traveling turn to the left  
31-32 **MAN:** Step forward and diagonally to the left on left foot; step right foot next to left  
**LADY:** Step on left foot and complete full traveling turn to the left; step right foot next to left

**Rejoin hands in the Indian position**

REPEAT

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