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| Lovesick |  |

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| **Count:** | 80 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Betsy Courant (USA) - April 2017 | | | | |
| **Music:** | Lovesick - Jacob Whitesides | | | | |
| . | | | | | | |

**Dance starts on lyrics - SEQUENCE: A, B, A, B, A, TAG, B, B**

**PART A (48 counts)**

**A (1 – 8) R CROSS BALL STEP, L CROSS BALL STEP, WEAVE LEFT, HOLD (Shoulder pops)**

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| --- | --- |
| 1 & 2 | 1) Cross R over L, &) step L ball to left side, 2) step R to right side |

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| 3 & 4 | 3) Cross L over R, &) step R ball to right side, 4) step L to left side |

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| 5&6& | 5) Cross R over L, &) step L to left side, 6) step R behind L, &) step L to left side |

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| 7&8 | 7) Cross R over L, &) lift left shoulder up, 8) drop left shoulder & lift right shoulder up |

**A (9 – 16) ROCK RECOVER CROSS, ¼ L BACK LOCK, ROCK RECOVER KICK OUT OUT, TOES HEELS**

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| 1 & 2 | 1) Rock L to left side &) recover R, 2) cross L over R |

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| 3 & 4 | 3) ¼ turn left step R back, &) cross L over R, 4) step R back - 9:00 |

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| 5 & 6 | 5) Rock L back, &) recover R, 6) kick L foot forward |

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| &7&8 | &) Step L to left side, 7) step R to right side, &) turn toes in (heels out), 8) bring heels back to center |

**A(17 – 24) L SAILOR, R SAILOR ¼ RIGHT, HIP BUMP ½ TURN R, HIP BUMP ½ TURN R**

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| --- | --- |
| 1 & 2 | 1) Step L behind R, &) step R next to L, 2) step L to left side |

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| 3 & 4 | 3) Step R behind L, &) ¼ turn right recover L, 4) step R to right side - 12:00 |

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| 5 & | 5) ¼ turn right touch L to left side & bump hips left &) bump hips right |

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| 6 | 6) ¼ turn right recover back on L and bump hips back - 6:00 |

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| 7 & | 7) ¼ turn touch R to right side & bump hips right &) bump hips left |

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| --- | --- |
| 8 | 8) ¼ turn right recover forward on R and bump hips forward - 12:00 |

**A(25 – 31) ROCK ¼ R CROSS, HOLD BALL CROSS, ROCK RECOVER CROSS, UNWIND ¼ L**

|  |  |
| --- | --- |
| 1 & 2 | 1) Rock L forward, 7) ¼ turn right step R to right side, 2) cross L over R - 3:00 |

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| --- | --- |
| 3 & 4 | 3) Hold, &) step R to right side, 4) cross L over R |

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| --- | --- |
| 5 & 6 | 5) Rock R to right side, &) recover L, 6) cross ball of R over L |

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| 7 | 7) Unwind ¼ turn left (quick sharp turn) stepping R slightly behind L - 12:00 |

**A(32 – 39) MODIFIED BOTA FOGO WEAVE, R COASTER STEP**

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| --- | --- |
| 8 & 1 | 8) Cross L over R, &) 1/8 turn left step R back, 1) step L back hitch R knee up - 10:30 |

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| --- | --- |
| 2 & 3 | 2) Step R behind L, &) ¼ turn left step L to left side, 3) step R forward hitch L knee up - 7:30 |

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| --- | --- |
| 4 & 5 | 4) Cross L over R, &) ¼ turn left step R to right side, 5) step L back hitch R knee up - 4:30 |

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| --- | --- |
| 6 & 7 | 6) Step R back, &) 1/8 turn left step L next to R, 7) step R forward - 3:00 |

**A(40 - 48) L FWD MAMBO, R BACK MAMBO, ROCK ¼ R FWD, CHASE TURN L WITH FLICK, STEP**

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| --- | --- |
| 8 & 1 | 8) Step L forward, &) recover R, 1) step L next to R |

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| --- | --- |
| 2 & 3 | 2) Step R back, &) recover L, 3) step R next to L |

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| --- | --- |
| 4 & 5 | 4) Rock L to left side, &) ¼ turn right step R to right side, 5) step L forward - 6:00 |

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| 6&7 | 6) Step R forward, &) ½ turn left step L forward, 7) step R forward as you flick L foot back \*\* - 12:00 |

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| 8 | Step L forward |

**\*\* TAG: at the end of Part A on wall 3, dance up to count 47 then repeat the last 2 sections of Part A (counts 32–48)**

**PART B (32 counts)**

**B1: WALK RL, SHUFFLE FORWARD, BALL STEP, CROSS SIDE, BEHIND, ¼ R**

|  |  |
| --- | --- |
| 1 – 2 | Walk forward R L |

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| --- | --- |
| 3 & 4 | 3) step R forward, &) step L next to R, 4) step R forward |

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| --- | --- |
| & 5 | &) step L to left side, 5) step R to right side |

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| 678& | 6) cross L over R, 7) step R to right side, 8) step L behind R, &) ¼ right step R forward |

**B2: FULL CHASE TURN R, BACK R L, R COASTER STEP, OUT OUT IN, KNEE POP**

|  |  |
| --- | --- |
| 1&2 | 1) Step L forward, &) ½ turn right step R forward, 2) ½ turn right step L back slightly behind R - 3:00 |

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| --- | --- |
| 3 – 4 | 3) Step R slightly behind L, 4) step L slightly behind R |

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| --- | --- |
| 5&6 | 5) Step R back, &) step L next to R, 6) step R forward |

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| --- | --- |
| &7& | &) Step L to left side, 7) step R to right side, &) step L next to right |

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| 8& | 8) pop knees out to sides, 7) bring knees back together as you pop L knee forward |

**B3: WALK LR, SHUFFLE FORWARD, BALL STEP, CROSS, SIDE, ROCK BACK, RECOVER, FWD, RECOVER**

|  |  |
| --- | --- |
| 1 – 2 | Walk forward L R |

|  |  |
| --- | --- |
| 3 & 4 | 3) step L forward, &) step R next to L, 4) step L forward |

|  |  |
| --- | --- |
| & 5 | &) step R to right side, 5) step L to left side |

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| 6 – 7 | 6) cross R over L, 7) step L to left side |

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| --- | --- |
| 8&1& | 8) Rock R back, &) recover L, 1) rock R forward, &) recover L |

**B4: TOUCH R BACK, ¼ TURN R WITH HIP ROLL, HEEL HEEL BACK CROSS OUT PELVIC THRUST**

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| --- | --- |
| 2 – 4 | 2) touch R toe back, 3) ¼ turn right as you roll R hip out & step R, 4) touch L next to R - 6:00 |

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| 5&6& | 5)Step L heel to left diagonal, &) step R heel to right diagonal, 6) step back L, &) cross R over L |

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| 7&8 | 7) Step L to left side, &) push pelvic forward, 8) pull back (option: hip bump or knee pops if you prefer) |