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| Paycheck To Paycheck |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver / Intermediate | . |
| **Choreographer:** | Alison Metelnick (UK) & Peter Metelnick (UK) - May 2022 | | | | |
| **Music:** | Paycheck To Paycheck - Midland | | | | |
| . | | | | | | |

**Start after 36 count intro – approx. 20secs – they sing ‘got no tread’ come in on the word ‘tread’ – 112bpm – 2mins 56secs**

**Music Available: Amazon**

**[1-8] R fwd, L fwd mambo, R back coaster cross, step L side, R touch ball cross**

|  |  |
| --- | --- |
| 1-2&3 | Step R forward, step L forward, recover weight on R, step L back |

|  |  |
| --- | --- |
| 4&5 | Step R back, step L together, cross step R over L |

|  |  |
| --- | --- |
| 6-7&8 | Step L side, touch R together, step R back, cross step L over R |

**[9-16] R side, L sailor, R sailor, L fwd, R fwd, twist heels R to centre (weight on L)**

|  |  |
| --- | --- |
| 1-2&3 | Step R side, cross step L behind R, step R side, step L side |

**WALL 11: Dance will end on the L sailor step, add a ¼ left to end facing front wall**

|  |  |
| --- | --- |
| 4&5 | Cross step R behind L, step L side, step R side |

|  |  |
| --- | --- |
| 6 | Step L forward |

|  |  |
| --- | --- |
| 7&8 | Step R forward, twist both heels right and then back to centre (weight on L) |

**RESTART: WALLS 2 (LEFT SIDE WALL), 4 (BACK WALL), 8 (LEFT SIDE WALL)**

**During these walls dance until the heel twist (count 16) and restart the dance**

**[17-24] Walk back R/L, R/L apart, R fwd, walk fwd L/R, L/R apart, L fwd**

|  |  |
| --- | --- |
| 1-2 | Step R back, step L back |

|  |  |
| --- | --- |
| &3-4 | Step R apart, step L apart, step R forward |

|  |  |
| --- | --- |
| 5-6 | Step L forward, step R forward, |

|  |  |
| --- | --- |
| &7-8 | Step L apart, step R apart, step L forward |

**[25-32] R fwd, L fwd, ¼ R pivot turn, cross L over R, ½ L hinge turn, syncopated R fwd rock/recover, syncopated R side rock/recover, R back, L tog (1st two steps of coaster step)**

|  |  |
| --- | --- |
| 1-2&3 | Step R forward, step L forward, pivot ¼ right, cross step L over R (3) |

|  |  |
| --- | --- |
| 4-5 | Turning ¼ left step R back, turning ¼ left step L side (9) |

|  |  |
| --- | --- |
| 6& | Rock R forward, recover weight on L |

|  |  |
| --- | --- |
| 7& | Rock R side, recover weight on L |

**Less syncopated option for 6-7: Touch R forward, touch R side**

|  |  |
| --- | --- |
| 8& | Step R back, step L together (1st two counts of a coaster step) |

**Start again and enjoy!**

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**Last Update - 13 May 2022**