

I'm So Tired

COPPER KNOB
SYNCHRONISTIC

Count: 32

Wall: 4

Level: Improver

Choreographer: Rebecca Armstrong (Scotland - Dec 08)

Music: Up All Night by Take That – Album- The Circus



Intro 8 counts

(1-8) WALK, WALK, WALK, FLICK, BACK, BACK, COASTER STEP

- 1-2 step fwd on R, step fwd on L
- 3-4 step fwd on R, flick L foot behind R knee
- 5-6 step back on L, step back on R
- 7&8 step back on L, step R beside L, step fwd on L

(9-16) ROCK, RECOVER, ½ SHUFFLE, ROCK, RECOVER, BACK, ROCK, RECOVER, BACK

- 1-2 rock fwd on R, recover back on L
- 3&4 make ¼ turn R stepping R to R side, step L beside R, make ¼ turn R stepping R to R side
- 5&6 rock L to L side, recover on to R, step back on L
- 7&8 rock R to R side, recover on to L, step back on R

(17-24) ROCKING CHAIR, STEP BACK, HOOK, FWD SHUFFLE

- 1-2 rock back on L, recover fwd on R
- 3-4 rock fwd on L, recover back on R
- 5-6 step back on L, hook R across L
- 7&8 step fwd on R, step L beside R, step fwd on R

(25-32) STEP ½ PIVOT, ROCK, RECOVER, STEP, LOCK, BACK, LOCK, UNWIND ¾

- 1-2 step fwd on L, pivot ½ turn R (ending weight on R)
- 3&4 rock fwd on L, recover back on R, step back on L
- 5&6 lock R across L, step back on L, lock R across L
- 7-8 unwind ¾ turn L over 2 counts (weight ending on L)

Restart On Wall 4

After count 8, start dance again
