

# On The Line

Count: 32

Wall: 4

Level: Improver

Choreographer: Liz Larsson (SWE)

Music: Sick and Tired - Anastacia



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## **SIDE ROCK RIGHT, BEHIND SIDE CROSS, SIDE ROCK LEFT, BEHIND SIDE CROSS**

- 1-2 Rock right to right, recover onto left
- 3&4 Step right behind left, step left to left, cross right over left (taking weight)
- 5-6 Rock left to left, recover onto right
- 7&8 Step left behind right, step right to right, cross left over right (taking weight)

## **SHUFFLE FORWARD RIGHT, MAMBO STEP FORWARD LEFT, SHUFFLE BACK RIGHT, MAMBO STEP BACK LEFT**

- 1&2 Step right forward, step left next to right, step right forward
- 3&4 Mambo forward left, recover back onto right, step back on left
- 5&6 Step right back, step left next to right, step right back
- 7&8 Mambo back left, recover back onto right, step forward on left

## **SWAY TWICE, SHUFFLE TURN ¼ RIGHT, POINTS**

- 1-2 Sway right, sway left
- 3&4 Turn ¼ to right on ball of left, step right forward, step left next to right, step right forward
- 5-6 Point left to left, touch left beside right
- 7&8 Point left to left, touch left beside right, point left to left

## **COASTER STEP, SHUFFLE FORWARD RIGHT, SKATE TWICE, BACK LOCK STEP LEFT**

- 1&2 Step back on left, step right beside left, step forward on left
- 3&4 Step right forward, step left next to right, step right forward
- 5-6 Skate left, skate right
- 7&8 Step back on left, lock right across left, step back onto left

## **REPEAT**

## **TAG**

16 counts after 3rd wall (facing 9:00)

## **SIDE ROCK RIGHT, COASTER STEP, SIDE ROCK LEFT, COASTER STEP**

- 1-2 Rock right to right, recover onto left
- 3&4 Step back on right, step left beside right, step forward on right
- 5-6 Rock left to left, recover onto right
- 7&8 Step back on left, step right beside left, step forward on left

## **FORWARD ROCK RIGHT, COASTER STEP, FORWARD ROCK LEFT, COASTER STEP**

- 1-2 Rock forward right, recover onto left
  - 3&4 Step back on right, step left beside right, step forward on right
  - 5-6 Rock forward left, recover onto right
  - 7&8 Step back on left, step right beside left, step forward on left
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