# Wear & Tear



Count: 64 Wall: 4 Level: Intermediate

**Choreographer:** Gary Lafferty (UK)

Music: Quality Shoe - Mark Knopfler



#### "OUT" TOE-STRUTS; "WALK AROUND" (1/2 TURN)

#### Use your hips & knees for added styling on the first 4 counts

Touch right foot forward to right diagonal, lower right heel to floor
Touch left foot forward to left diagonal, lower left heel to floor

5-8 Walk around ½ turn over right shoulder stepping on right-left-right-left

#### RIGHT SIDE-SHUFFLE, ROCK BACK, RECOVER; LEFT TOE-STRUT, CROSS-ROCK, RECOVER

Step to right on right foot, step on left foot beside right, step to right on right foot

3-4 Rock back on left foot, recover weight forward onto right 5-6 Touch left foot out to left side, lower left heel to floor

7-8 Cross-rock right foot over left, recover weight back onto left foot

## 1/4 TURN SHUFFLE; 1/2 TURN SHUFFLE; STEP BACK, HOLD; LEFT COASTER STEP

1&2 Turn ¼ right, stepping forward onto right, step on left foot beside right, step forward on right

3&4 Triple ½ turn back, turning over right shoulder, stepping on left-right-left

5-6 Step straight back on right foot, hold

7&8 Step back on left foot, step on right foot beside left, step forward on left foot

## RIGHT SHUFFLE, ROCK FORWARD, RECOVER, TRIPLE 3/4 TURN, STEP RIGHT, KICK LEFT

1&2 Step forward on right foot, step on left foot beside right, step forward on right foot

Rock forward on left foot, recover weight back onto right foot 5&6 Turn ¾ triple turn over left shoulder, stepping on left-right-left Step to right on right foot, kick left foot forward to left diagonal

#### SIDE, KICK, CROSS, KICK; BEHIND, 1/4 TURN, LEFT SHUFFLE

1-2 Step to left on left foot, kick right foot forward to left diagonal

Step down on right foot across left, kick left foot forward to left diagonal
Cross-step left foot behind right, turn ¼ right stepping forward onto right foot
Step forward on left foot, step on right foot beside left, step forward on left foot

### ROCK FORWARD, RECOVER, TRIPLE 1/2 TURN; SIDE, BEHIND, & HEEL, & CROSS

1-2 Rock forward on right foot, recover weight back onto left foot 3&4 Triple ½ turn over right shoulder, stepping on right-left-right 5-6 Step to left on left foot, cross-step right foot behind left

&7 Step diagonally-back left on left foot, touch right heel forward to right diagonal

&8 Step down onto right foot beside left, cross-step left foot over right

#### 1/4 TURN, 1/2 TURN; STEP FORWARD, HEEL TWIST; STEP BACK, TOUCH-BALL-BACK, 1/2 TURN

1-2 Turn ¼ left stepping back on right foot, turn ½ left stepping forward onto left foot

3&4 Step forward on right, twist both heels to right, twist both heels back to center (weight on left

foot)

5 Step back on right foot

6&7 Touch left foot beside right, step very slightly back on left foot, step back on right foot

8 Turn ½ left, stepping forward onto left foot

#### HEEL & HEEL & ROCK, RECOVER; 1 1/4 ROLLING TURN BACK (RIGHT), CROSS-STEP

The turn travels back, finishing with you facing 1/2 right from where you started, ready to begin the dance again

on count 1	
1&2&	Touch right heel forward, step on right beside left, touch left heel forward, step on left beside right
3-4	Rock forward on right foot, recover weight back onto left foot
5-6	Turn ½ right, stepping forward onto right foot ; turn ½ right, stepping back on left foot
7-8	Turn ¼ right, stepping to right on right foot; cross-step left foot over right

## **REPEAT**

Special thanks to John McFall who recommended this track to me. Much appreciated!