

# Worried Man

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Dancin' Mamas (SWE)

Musique: I'm A Worried Man - Willie Nelson & Toots Hibbert



## **POINT, HITCH, POINT, HITCH. CROSS ROCK, ROCK, FLICK**

- 1-2 Point right to right side, hitch right knee over left
- 3-4 Point right to right side, hitch right knee over left
- 5-6 Cross rock right forward, recover on left
- 7-8 Rock forward on right as you flick left leg back, hold

## **SCUFF, LOCKSTEP, SCUFF, LOCKSTEP**

- 1-2 Scuff left foot forward, step down on left
- 3-4 Step right forward locked behind left, step left forward
- 5-6 Scuff right forward, step down on right
- 7-8 Step left forward locked behind right, step right forward

## **PUSH ROCKS $\frac{3}{4}$ TURN OVER LEFT SHOULDER**

- 1-2 Rock left forward turning  $\frac{1}{8}$  towards left corner on left, recover on right turning  $\frac{1}{8}$ , facing 9:00
- 3-4 Rock left forward  $\frac{1}{8}$  towards left corner, recover on right facing 6:00
- 5-6 Rock left forward  $\frac{1}{8}$  towards left corner on left, recover on right facing 3:00
- 7-8 Rock left forward, hold

This is rock steps with arm pushes. Put your hands at shoulder height, palms facing forward, at the same time push your chest forward. This is on count 1. On count 2 push both arms forward. Repeat this on counts 3-7

## **SCISSOR STEP, HOLD, SCISSOR STEP, HOLD**

- 1-2 Step right to right side, step left beside right
- 3-4 Cross right foot over left, hold
- 5-6 Step left to left side, step right beside left
- 7-8 Cross left foot over right, hold

## **EXTENDED VINE, ROCK $\frac{1}{2}$ TURN LEFT, HOLD**

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, step left in front of right
- 5-6 Rock right to right side, recover on left
- 7-8 Make  $\frac{1}{2}$  turn left on ball of left foot, stepping right to right side, hold

## **ROCK RECOVER, SIDE, HOLD, ROCK RECOVER, SIDE, HOLD**

- 1-2 Cross rock left behind right, recover on left
- 3-4 Step left to left side, hold
- 5-6 Cross rock right behind left, recover on left
- 7-8 Step right to right side, hold

## **CROSS $\frac{1}{4}$ TURN, HOLD, CROSS $\frac{1}{4}$ TURN, HOLD**

- 1-2 Cross left over right, turn  $\frac{1}{4}$  left stepping back on right
- 3-4 Step left to left side, hold
- 5-6 Cross right over left, turn  $\frac{1}{4}$  turn right stepping back on left
- 7-8 Step right to right side, hold

## **ROCK $\frac{1}{2}$ TURN HOLD, KICK BALL POINT**

- 1-2 Rock left forward, recover on right

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|-----|---|
| 3-4 | Make ½ turn left stepping forward on left, hold |
| 5-6 | Kick right foot forward, step down on right     |
| 7-8 | Point left to left side, step left beside right |

**REPEAT**

**TAG**

**After wall 2, facing 6:00**

**BUMP/SWAY LEFT FORWARD, SIDE, BACK, RIGHT FORWARD, SIDE, BACK, LEFT FORWARD, SIDE**

- |     |  |
|-----|--|
| 1-2 | Bump/sway left forward, bump left to left side |
| 3-4 | Bump left back, bump right forward             |
| 5-6 | Bump right to right side, bump right back      |
| 7-8 | Bump left forward, bump left to left side      |

**Just sway your hips in a figure of eight starting and ending with weight on left**

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