Distracted



Compte: 32 Mur: 2 Niveau: Improver

Chorégraphe: Levi J. Hubbard (USA)

Musique: I've Been Thinking About You - Londonbeat



WALK FORWARD, KICK-BALL CHANGE, FORWARD ROCK-RECOVER, ½ SHUFFLE TURN (RIGHT)

1	Step right foot forward
2	Step left foot forward

3 Kick right foot slightly forward

&4 Land on (ball of) right foot, while slightly lifting left foot off floor, step left back to floor

5 Step (rock) right foot forward, while slightly lifting left foot off floor

6 Lower left foot back to floor (recover)

7&8 Shuffle ½ turn right, stepping (right-left-right)

WALK FORWARD, KICK-BALL CHANGE, FORWARD ROCK-RECOVER, ½ SHUFFLE TURN (LEFT)

9	Step left foot forward
10	Step right foot forward
11	Kick left foot slightly forward
&12	Land on (ball of) left foot, while slightly lifting right foot off floor, step right back to floor
13	Step (rock) left foot forward, while slightly lifting right foot off floor
14	Lower right foot back to floor (recover)

SIDE SAMBAS, HEEL SWITCHES, 1/2 PIVOT TURN (LEFT)

17	Step (rock) right foot out to side, slightly lifting left foot off floor
&18	Step left foot back to floor, while stepping right next to left
19	Step (rock) left foot out to side, slightly lifting right foot off floor
&20	Step right foot back to floor, while stepping left next to right
21	Tap right heel forward
&22	Step right foot together, while tapping left heel forward

Shuffle ½ turn left, stepping (left-right-left)

&23 Step left foot together, while stepping forward on right

On (balls of) both feet, pivot ½ turn left

2 STEP TURN (LEFT), FORWARD ROCK-RECOVER, COASTER STEP, KICK & SIDE POINT

25	Step right foot forward & pivot ½ turn left
26	Step left foot backward & pivot ½ turn left
27	Step (rock) right foot forward, while slightly lifting left foot off floor
28	Lower left foot back to floor (recover)
29	Step right foot back on (ball of) foot
&30	Step together on (ball of) left foot, step forward on right
31	Kick left foot slightly forward
&32	Step left foot back to floor, while touching right together (optional snap)

REPEAT

15&16

RESTART

When you start on the 4th repetition only dance the first 16 counts then start from the beginning (should be facing the front wall)