## Social DisDancing

拍數： 48
㟨數： 4
級數：Improver
編舞者：Rex Allott（UK）－April 2020
音樂：Sick and Tired－Boz Scaggs

Intro．On vocal－ 48 beats
S．1．$K$ shape $R$ toe touches，cross $R$ over $L$ ，rpt $L$
1－2．$\quad$ Touch $R$ toe diagonally forward $R$ ，return
3－4．$\quad$ Touch $R$ toe back $R$ ，Cross $R$ over $L$
5－6．Step $L$ toe diagonally forward $L$ ，return
7－8．Touch L toe back L，Cross L over R
S．2．Turn $1 / 8$ R，toe，heel taps back，fwd，back，Rpt．L．
1－2．Turn $1 / 8 R$ ，tap $R$ toe back，tap $R$ heel fwd
3－4．$\quad$ Tap $R$ toe back，step $L$ next to $R$ \＆straighten up
5－6．Turn $1 / 8 \mathrm{~L}$ ，tap $L$ toe back，tap $L$ heel fwd
7－8．Tap $L$ toe back，step $L$ next to $R$ \＆straighten up
S．3．Reverse K shape toe touches，cross R over L，rpt L
1－2．$\quad$ Touch $R$ toe back $R$ ，return
3－4．$\quad$ Touch toe $R$ diagonally fwd $R$ ，Step $R$ over $L$
5－6．Touch $L$ toe back $L$ ，Recover on $R$
7－8．$\quad$ Step $L$ diagonally forward $L$ ，Step $L$ over $R$

## S．4．Rpt S．2．

S．5．L Cross $1 / 4$ Turn R，R Cross $1 / 4$ Turn L，Cross Shuffle $1 / 4$ Turn L
1－2．$\quad$ Turning $1 / 4 \mathrm{R}$ ，step $L$ over $R$ ，Step $R$ next to $L$
3－4．$\quad$ Turning $1 / 4 L$ ，step $R$ over $L$ ．Step $R$ ，next to $R$
5－8．$\quad$ Turning $1 / 4 L$ ，step $R$ over $L$ ，step $L$ next to $R$ ，step $R$ over $L$ ，hold
7－8．$\quad$ Step $R$ over $L$ ，Step $L$ next to $R$
S．6．R Cross，Heel，Toe，Heel，L Cross，Heel，Toe，Heel
1－2．$\quad$ Touch $R$ toe beside $L$ ，touch $R$ heel fwd
3－4．$\quad$ Touch $R$ toe beside $L$ ，step $R$ next to
5－6．$\quad$ Crossing $R$ over $L$ ，touch toe beside $R$ ，touch $R$ heel fwd
7－8．$\quad$ Touch $L$ toe beside $R$ ，Step $L$ next to $R$
Tag．
S．1．Jump Cross R，L，R，Rock R Forward，Return
1－2．Cross $R$ over $L$ ，pause
\＆3－4．Jump up on R，Cross L over R，pause
\＆5－6．Jump up on $L$ ，Cross $R$ over $L$ ，pause
7－8．$\quad$ Step R forward，Recover on $L$
S．2．1／2 Turn L， $1 / 2$ Turn R，Rock L Forward，Return，R Coaster Step
1－2．$\quad$ Step $L$ back，making $1 / 2$ Turn $L$ ，pause
3－4．$\quad$ Step L forward next to R，making 1／2 Turn R，pause
5－6．Step $R$ forward，Step back on $L$
7\＆8．Step R back，Step L next to R，Step R forward

1-2. $\quad$ Step $R$ to $R$, step $L$ behind $R$
\&3-4. $\quad$ Step $R$ to $R$, step $L$ over $R$, Step $R$ to $R$
5-6. $\quad$ Step $L$ back behind $R$, recover on $R$
7-8. $\quad$ Step $L$ to $L$, step $R$ next to $L$
S.4. Syncopated Vine L, $3 / 4$ Cross Turn R

1-2. $\quad$ Step $L$ to $L$, step $R$ behind $L$
\&3-4. Step $L$ to $L$, cross $R$ over $L$, step $L$ toL
5-6. $\quad$ Turning $1 / 2 R$, step $L$ over $R$, Step $R$ to $R$
7-8. $\quad$ Turning 1/4 R, step L over R, Step R next to $L$
Tag after 1st S.6. (Wall 2, 9 o'clock)
Tag after 2nd S.4. (Wall 3, 6 o'clock)
Restart after 3rd S.4. (Wall 43 o'clock, start of guitar break)
Tag after 3rd S.6. (Wall 6, 9 o'clock, end of guitar break)
Restart after 6th S.4. (Wall 8, 6 o'clock, start of saxophone break)
Tag after 5th S.6. (Wall 9, 12 o'clock, end of saxophone break)
Restart after 9th S.4. (Wall 10, 9 o'clock)
Finish with $\mathbf{1 / 2}$ Paddle Turn R on last $\mathbf{4}$ beats of final F.6. to face 12 o'clock.
Last Update - 9 Oct. 2021

