Trouble Is My Fun



拍數: 69 牆數: 4 級數: Phrased Advanced

編舞者: Joey Warren (USA) - September 2023

音樂: Got It Bad - Shawnee Kish



Notes: Part B / 1 Tag
*8 Count Intro on lyrics

PART A-32c

Ball Step Flick-Cross, Rock & Cross, Step Back ½ Turn, ¼ Triple Side

&-1-2 Ball step slightly out on R, Step L fwd to L diagonal, Step R fwd/down and flick L heel up

** When you start dance it faces 10:30 on the step down flick you end facing 1:30

3-4&5 Cross L over R, Rock R to R, Recover L, Cross R over L (turning to face 10:30 again)

6 – 7 Step back on L squaring up to 12 o'clock, ½ Turn R stepping R fwd

8-&-1 1/2 Turn R as you step L out to L, Step R beside L, Big step out to L with L (9:00)

Back Rock Recover Side, Behind Side - Walk Walk, Triple Fwd

2-&-3 Rock R behind L, Recover on L, Step R out to R

4&-56 Step L behind R, Step R out to R, Walk L fwd, Walk R fwd

7-&-8 Step L fwd, Step R beside L, Step L fwd (9:00)

Step ¼ Roll, Step ¼ Roll, Quick Half Turn, Back Sweep x2, Rock Recover Side

1 – 2	Step R fwd as you roll hips counter clockwise doing ¼ Turn L (weight on L count 2)
3 – 4	Step R fwd as you roll hips counter clockwise doing ¼ Turn L (weight on L count 4)

&5-67 Quick ½ Turn L stepping back on R, Step L slightly back of R, Step back R sweeping L front

to back, Step back L sweeping R front to back

8-&-1 Rock R behind L, Recover on L, Big step out to R with R (9:00)

Back Rock Recover Side, Behind Side, Fwd Rock Recover ½ Turn Step

2-&-3 Rock L behind R, Recover on R, Step L out to L

4&-56 Step R behind L, Step L out to L, Rock R fwd, Recover back on L

7-8&1 ½ Turn R stepping R fwd, Step L fwd, Ball Step out on R, Step L fwd to L diagonal (1:30)

**** I did the 8&1 here so you would know the transition from the end to beginning

PART B (always done to 6 o'clock) 37c

Ball Step-Step Together, Press Touch, Kick & Touch, & Bump & Bump

&-1-2	Ball step slightly o	ut on R, Step L fwd	to L diagonal, Step R beside L
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3 – 4 Press out to L with L, Touch L toe beside R

5-&-6 Kick L fwd, Step back on L, Touch R toe in front of L

&7&8 Bump R hip up, Bump L hip back, Bump R hip up, Bump L hip back (weight L @ 6:00)

Triple Fwd, Triple Fwd, Step 1/4 Turn Hip Roll, Step 1/4 Turn Hip Roll

1-&-2	Step R fwd, Step L beside R, Step R fwd
3-&-4	Step L fwd, Step R beside L, Step L fwd

5 – 6 Step R fwd as you roll hips counter clockwise doing ¼ Turn L (weight L count 6)

7 – 8 Step R fwd as you roll hips counter clockwise doing ½ Turn L (weight L count 8) (12:00)

Ball Step-Step Together, Press Touch, Kick & Touch, & Bump & Bump

&-1-2	Ball step slightly out on R. Step L fwd to L diagonal, Step R beside L
α- 1- ∠	Dali step slightly out on it, step it two to it diagonal, step it beside it

3 – 4 Press out to L with L, Touch L toe beside R

5-&-6 Kick L fwd, Step back on L, Touch R toe in front of L

&7&8 Bump R hip up, Bump L hip back, Bump R hip up, Bump L hip back (weight L @ 12:00)

Step 1/4 Roll, Step 1/4 Roll, Sway Hips R, L, R

1 – 2	Step R fwd as you roll hips counter clockwise doing ¼ Turn L (weight on L count 2)
3 – 4	Step R fwd as you roll hips counter clockwise doing ¼ Turn L (weight on L count 4)
5-6-7	Step R out to R as you sway hips R. Sway hips L. Sway hips R (weight R facing 6:00)

Triple Back, Hold-Step Fwd, Triple Start the dance

8-&-1 Step back	on L, Step R beside L, B	ig Step back on L as [,]	you lift R slightly	off the ground
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2 – 3 Hold for count 2, Step R fwd on 3

4-&-1 Step L fwd, Ball step R out beside L, Step L fwd to L diagonal (start dance facing 6:00)

TAG (4 counts done facing 12:00 only 1 time)

8-&-1	Step L fwd. Ball Step out on R. Step L out as you start counter clockwise hip roll
0-α- ι	Step L Iwa, Dali Step out on R, Step L out as you start counter clockwise hip foli

2 – 3 Continue hip roll around transferring weight to R on count 3

4-&-1 Step L fwd, Ball step R out beside L, Step L fwd to L (start of dance facing 12:00)

SEQUENCE: A, A, B, A, A, Tag @ 12:00, A, B @ 6:00, A rest of way

After the tag you do A, the dance ends facing 3:00....but to always do Part B to 6:00 we add an extra ¼ Turn R on count 7 in the last section of A. So, a ¾ Turn L instead of ½ only on this A

7-8&1 3/4 Turn R stepping R fwd, Step L fwd, Ball Step out on R, Step L out, Step R beside L on count 2 just like Part B would do facing 6 o'clock