

# Thick and Thin

拍數: 64                      牆數: 4                      級數: Improver / Intermediate  
編舞者: Tina Argyle (UK) & Pat Stott (UK) - November 2009  
音樂: You've Got a Friend In Me - George Jones & Kathy Mattea



Commence after 20 beats on vocals approx 12 seconds

## Vine right, tap, turn 1 ¼ left, shuffle

1 – 4                      Step right to right, cross left behind right, right to right, tap left beside right  
5 – 6                      Turn ¼ left stepping forward on left, turn ½ left stepping back on right  
7 & 8                      Turn ½ left stepping forward on left, close right to left, step forward on left

## Diagonal step forward, tap, diagonal step back, tap, jump back, raise and lower heels x 3

1 – 2                      Step diagonally forward to right on right, tap left beside right  
3 – 4                      Step diagonally back to left on left, tap right beside left  
& 5                      Small jump back : right, left (feet apart)  
&6                      Raise both heels, lower  
&7                      Raise both heels, lower  
&8                      Raise both heels, lower

## Rolling vine right, tap, syncopated vine left

1 – 2                      Turn ¼ right and step forward on right, pivot ½ right and step back on left  
3 – 4                      Pivot ¼ right stepping right to right, tap left next to right  
5 – 6                      Step left to left, cross right behind left  
& 7 – 8                      Step left to left, cross right over left, step left to left

\*\* long hold here during wall 4

## Rock back, recover, ¼ turn left and side rock, rock back, recover, ¼ turn left and side rock

1 – 2                      Rock back on right slightly behind left, recover onto left  
3 – 4                      Turn ¼ left and rock right to right, recover onto left  
5 – 8                      Repeat steps 1 – 4

## Rock forward, recover, ½ shuffle right, rock forward, recover, ½ shuffle left

1 – 2                      Rock forward on right, recover onto left  
3 & 4                      Turning ½ to right shuffle – right, left, right  
5 – 6                      Rock forward on left, recover onto right  
7 & 8                      Turning ½ to left shuffle – left, right, left

## Kick, close, point, cross, unwind, kick, close point, cross, unwind

1 & 2                      Kick right foot forward, close right to left, point left to left  
3 – 4                      Cross left over right, unwind ½ turn right (weight on left)  
5 – 8                      Repeat steps 1 – 4

## Side, recover, behind, side cross, side, recover, behind, side, cross

1 – 2                      Rock right to right, recover on left  
3 & 4                      Step right behind left, left to left, cross right over left  
5 – 6                      Rock left to left, recover on right  
7 & 8                      Step left behind right, right to right, cross left over right

\* restart here during wall 3

## Side, tap, ¼ turn, tap, side, tap, ¼ turn, tap

1 – 2                      Step right to right, tap left beside right  
3 – 4                      Turn ¼ to left and step forward on left, tap right beside left

5 – 6            Step right to right, tap left beside right  
7 – 8            Turn  $\frac{1}{4}$  to left and step forward on left, tap right beside left

**\*Restart: after section 7 during wall 3**

**\*\* During wall 4 at the end of the syncopated vine (section 3) –facing 6 o'clock there is a long hold as you take the step to the left at the end of the syncopated vine.**

**Hold the step until the vocals restart and carry on the dance from the rock back etc (on word "you've") (section 4)**

**At the end of the music you will be facing 12 o'clock dance up to 1 – 2 in section 8, then step left to left, tap right next to left.**

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