

Tricky Tricky

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Count: 32

Wall: 2

Level: Beginner Hip Hop

Choreographer: Britt Beresik - Feb. 2016

Music: It's Tricky - Run-DMC

Part 1 - Back Crosses

[1 '8 count']

1-2: Step wide R, Tap L behind R

3-4: Step wide L, Tap R behind L

5-6: Step wide R, Tap L behind R

7-8: Step wide L, Tap R behind L

*optional arms: for each set- punch arms to side on first count, then cross punch arms on second count

Part 2 - Twist and Turn

[1 '8 count']

1: Step R foot out to R while twisting both heels to the R

&2&3&: Twist heels quickly- L R L R L

4: Hitch L knee up

5-6: Step forward L w/ Pivot $\frac{1}{4}$ turnR

7-8: Step forward L w/ Pivot $\frac{1}{4}$ turnR [6:00]

Part 3 - Slow Running Man

1'8 count']

1-2: Rock L back, recover R forward

3&4: Rock L back (hitching R knee), Recover R, Rock L back (hitching R knee)

5-6: Rock R back, recover L forward

7&8: Rock R back (hitching L knee), Recover L, Rock R back (hitching L knee)

Part 4 - Kicks

[1 '8 count']

1-2: Kick L, Kick R

3-4: Kick L Kick L

5-6: Kick R, Kick L

7-8: Kick R Kick R

Repeat all parts until song ends!

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