

Sweet Distraction

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Count: 32 **Wall:** 4 **Level:** Beginner / Intermediate

Choreographer: Steve Lustgraaf and Letha Blackford

Music: Sweet Distraction by David Adam Byrnes

Choreographed at the NTA Dance Camp 2011

Start on vocals.

Cross, side, sailor, cross, side, behind, turn, step

- 1-2** Step R across L, step L side left
- 3&4** Step R behind L, step L side left, replace R next to L
- 5-6** Step L across R, step R side right
- 7&8** Step L behind R, make $\frac{1}{4}$ right and step on R, step L forward

Rock, recover, triple with $\frac{1}{2}$ turn right, out, out, in, in, hip bumps

- 1-2** Rock R forward, recover L
- 3&4** Make $\frac{1}{2}$ turn right stepping R, L, R
- &5** Step L slightly out left, step R slightly out right
- &6** Step L in, step R in
- 7&8** Bump hips left, right, left

Restart here on walls 4, 9 and 12

Rock, recover, coaster step, rock, recover, coaster step

- 1-2** Rock R forward, recover L
- 3&4** Step R back, L next to R, step R forward
- 5-6** Rock L forward, recover L
- 7&8** Step L back, R next to L, step L forward

Pivot turn X 2, jazz box

- 1-2** Step R forward and pivot $\frac{1}{2}$ left
- 3-4** Step R forward and pivot $\frac{1}{2}$ left
- 5-6** Step R across L, step L back

7-8 Step R side right, step L slightly forward

TAG: 4 count tag at the end of wall 12 (which is a restart wall - do 16 counts, then tag):

&1 Step L slightly out left, step R slightly out right

&2 Step L in, step R in

3&4 Bump hips left, right, left

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