

Tryin To Forget

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: David Sinfield (Feb 2013)

Music: Baby Its Over by Helena Paparizou (115 BPM) iTunes

Start Dance On Lyrics

SIDE, BEHIND, TOUCH BALL CROSS, SIDE ROCK, BEHIND SIDE CROSS

- 1-2** Step right to right, cross left behind right
- 3&4** Touch right forward, step down on the ball of right, cross left over right
- 5-6** Rock right to right, replace weight onto left
- 7&8** Cross right behind left, step left to left, cross right over left

SIDE ROCK, SAILOR $\frac{1}{4}$ TURN LEFT, ROCK STEP, SHUFFLE $\frac{1}{2}$ TURN RIGHT

- 1-2** Rock left to left, replace weight onto right
- 3&4** Cross left behind right, step right to right, step left into $\frac{1}{4}$ turn left
- 5-6** Rock forward on right, replace weight onto left
- 7&8** Shuffle $\frac{1}{2}$ turn right stepping right-left-right

ROCK FORWARD, COASTER STEP, SYNCOPATED VINE RIGHT, POINT

- 1-2** Rock forward on left, replace weight onto right
- 3&4** Step back left, step right beside left, step forward left
- 5-6** Step right to right, cross left behind right
- &7-8** Step right to right, cross left over right, point right to right

CROSS POINT, CROSS POINT, CROSS UNWIND $\frac{1}{2}$ TURN, KICK BALL CHANGE

- 1-2** Cross right over left, point left to left
- 3-4** Cross left over right, point right to right
- 5-6** Cross right over left, unwind $\frac{1}{2}$ turn left(keeping weight onto left)
- 7&8** Kick right forward, step right down, step left in place with right