

# Trouble Is A Friend

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Cato Larsen , Norway (Dec 09)

**Music:** Trouble Is A Friend by Lenka (CD: 118bpm)

**Intro: Start the dance at vocals after 16 counts. (12 seconds).**

**(1-9) Step, Mambo Step, Point, Unwind, Kick-Cross-Back, Side Rock.**

- 1** Step forward on right (1). [12:00]
- 2&3** Step forward on left (2), Rock (recover) weight back again onto right (&), Step back on left (3).
- 4,5** Point right toe back (4), Unwind  $\frac{1}{2}$  turn right (5). [6:00]
- 6&7** Kick right foot forward (6), Cross right over left (&), Step back on left (7).
- 8,1** Step right to right side (8), Rock (recover) weight back again onto left (1).

**(10-17) Sailor Step, Cross Rock, Side Shuffle, Step, 1/4 Turn.**

- 2&3** Cross right behind left (2), Step left slightly left (&), Step right slightly right (3).
- 4,5** Cross left over right (4), Rock (recover) weight back again onto right (5).
- 6&7** Step left to left side (6), Step right next to left (&), Step left to left side (7).
- 8,1** Step forward on right (8), Pivot  $\frac{1}{4}$  turn left (1). [3:00]

**(18-25) Kick-Ball-Touch, Dip With Hip Thrust, Shoulder Shrugs, Step, Hitch 1/4 Turn.**

- 2&3** Kick right foot forward (2), Step right next to left (&), Touch left toe forward (3).
- &** Dip down by bending your knees and Push hips forward (&)
- 4** Push hips back (4).
- &** Raise up and Push hips forward (&).
- 5** Push hips back (5).
- 6** Push right shoulder up and left shoulder down (6).
- &** Push right shoulder down and left shoulder up (&).
- 7** Push right shoulder up and left shoulder down (7).
- 8,1** Step forward on left (8), Hitch right knee Turning  $\frac{1}{4}$  turn left (1). [12:00]

**RESTART: Restart from here on wall 9. OMIT count 1. Start from the top! You will be facing 9:00**

**(26-32) Cross Rock, Side, Diagonal Walk Forward, 1/2 Turn, Walk Diagonal Forward, 5/8 Turn.**

- 2&** Step right across of left (2), Rock (recover) back again onto left (&).
- 3** Step right to right side (3).
- 4,5** Step left diagonally forward left across of right (4), Step right diagonally forward right (5).  
[1:30]
- 6** Pivot ½ turn left (6). [7:30]
- 7** Step right diagonally forward right (7). [7:30]
- 8** Step left diagonally forward across of right (8). [7:30]
- &** Pivot 5/8 turn right (&). [3:00]

**TAG: To be danced AFTER wall 3. You will be facing 9:00.**

**(1-8) Step, Anchor Step, Point, Unwind, Shuffle Forward, Step.**

- 1** Step forward on right (1). [9:00]
- 2&** Step left in 3rd position behind right (2), Step right next to left (&).
- 3** Step slightly back on left (3).
- 4,5** Point right toe back (4), Unwind ½ turn right (5).
- 6&7** Step forward on right (6), Step left next to right (&), Step forward on right (7).
- 8** Step forward on left (8).

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