

Toss & Turn

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Count: 48

Wall: 4

Level: Intermediate

Choreographer: Gary Lafferty – Dec 2016

Music: Shattered Dreams by Sergey Lazarev - 130 bpm

Music Info: 32-count intro (No Tags, No Restarts)

S1: RIGHT KICK-BALL-STEP, ROCK FORWARD, RECOVER; TRIPLE ½ TURN, STEP FORWARD, ½ TURN

- 1&2** Kick Right foot forward, step down onto Right foot beside Left, step forward on Left foot
- 3-4** Rock forward on Right foot, recover weight back onto Left foot
- 5&6** Shuffle ½ turn back over Right shoulder on Right-Left-Right
- 7-8** Step forward on Left foot, pivot ½ turn to Right

S2: LEFT KICK-BALL-STEP, ROCK FORWARD, RECOVER; TRIPLE ½ TURN, STEP FORWARD, ½ TURN

- 1&2** Kick Left foot forward, step down onto Left foot beside Right, step forward on Right foot
- 3-4** Rock forward on Left foot, recover weight back onto Right foot
- 5&6** Shuffle ½ turn back over Left shoulder on Left-Right-Left
- 7-8** Step forward on Right foot, pivot ½ turn to Left

S3: RIGHT SIDE-SHUFFLE, ROCK BACK, RECOVER; STEP LEFT, HOLD, & STEP LEFT, HOLD

- 1&2** Step to Right on Right foot, step on Left foot beside Right, step to right on Right foot
- 3-4** Rock back on Left foot, recover weight onto Right foot
- 5-6** Step to Left on Left foot, hold
- &7-8** Step on Right foot beside Left, step to Left on Left, hold

S4: & STEP LEFT, ¼ MONTEREY TURN; LEFT SAILOR STEP, RIGHT SAILOR STEP

- &1** Step on Right foot beside Left, step to Left on Left
- 2-4** Point Right foot out to Right side, turn ¼ Right stepping down onto Right foot, point Left foot out to Left side
- 5&6** Cross-step Left foot beside Right, step to Right on Right foot, step to Left on Left foot
- 7&8** Cross-step Right foot beside Left, step to Left on Left foot, step to Right on Right foot

S5: TOUCH BEHIND, UNWIND ½ TURN, STEP FORWARD, ½ TURN; TRAVELLING HEEL GRINDS

- 1-2** Touch Left foot back behind Right, make ½ turn Left transferring weight onto Left foot
- 3-4** Step forward on Right foot, pivot ½ turn to Left
- 5-6** Touch Right heel forward with toes turned in, turn toes out taking weight onto full Right foot flat on floor
- 7-8** Touch Left heel forward with toes turned in, turn toes out taking weight onto full Left foot flat on floor

S6: ROCK FORWARD, RECOVER, FULL TRIPLE TURN; ROCK FORWARD, RECOVER, STEP BACK, TOUCH

- 1-2** Rock forward on Right foot, recover weight onto Left foot
- 3&4** Make a full triple turn in place over Right shoulder stepping Right-Left-Right

(or do a coaster step if you prefer)

- 5-6** Rock forward on Left foot, recover weight onto Right foot
- 7-8** Step back on Left foot, touch Right foot beside Left

START AGAIN