

# Social DisDancing

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**Count:** 48

**Wall:** 4

**Level:** Improver

**Choreographer:** Rex Allott. April 2020

**Music:** Sick & Tired by Boz Scaggs

## **Intro. On vocal - 48 beats**

### **S.1. Step R Forward R, Return, Back, Cross R Over L, Step L Forward L, Return, Back, Cross L Over R**

**1-2.Step R 45# forward R, Recover on L**

**3-4.Touch R toe 45# back R, Cross R over L**

**5-6.Step L 45# forward L, Recover on R**

**7-8.Touch L toe 45# back L, Cross L over R**

### **S.2. Tap R Toe, Heel Forward, Toe Back, Return, Rpt. L.**

**1-2.Tap R toe, Touch R heel 45# forward R**

**3-4.Step R toe back, Step L next to R**

**5-6.Touch L toe back 45# R, Touch L heel 45# forward L**

**7-8.Step L toe back, Step R next to L**

### **S.3. Step R Back R , Return, Step R Forward R, Cross R Over L, Rpt L**

**1-2.Step R back 45# R, Recover on L**

**3-4.Step R forward 45# R, Step R over L**

**5-6.Step L back 45# L, Recover on R**

**7-8.Step L forward 45# L, Step L over R**

### **S.4. R Toe Back R, Heel Forward, Toe Back, Return, Rpt L**

**1-2.Touch R toe 45# back R, Touch R heel 45# forward L,**

**3-4.Touch R toe 45# back R, Step R next to L**

**5-6.Touch L toe 45# back L, Touch L heel 45# forward R**

**7-8.Touch L toe 45# back L, Step L next to R**

### **S.5. L Cross 1/4 Turn R, R Cross 1/4 Turn L, Cross Shuffle 1/4 Turn L**

**1-2.Turning 1/4 R, Step L over R, Step R next to L**

**3-4.Turning 1/4 L, Step R over L. Step R, next to R**

**5-6.Step R over L, Turning 1/4 L, Step L to L**

**7-8.Step R over L, Step L next to R**

### **S.6. R Cross, Heel, Toe, Heel, L Cross, Heel, Toe, Heel**

**1-2.Cross R heel over L, Touch R toe back L**

**3-4.Touch R heel forward, Step R next to L**

**5-6.Cross L heel over R, Touch L toe back R**

**7-8.Touch L heel forward, Step L next to R**

### **Tag.**

#### **S.1. Jump Cross R, L, R, Rock R Forward, Return**

**1-2.Cross R over L, pause**

**&3-4.Jump up on R, Cross L over R, pause**

**&5-6.Jump up on L, Cross R over L, pause**

**7-8.Step R forward, Recover on L**

#### **S.2. 1/2 Turn L, 1/2 Turn R, Rock L Forward, Return, R Coaster Step**

**1-2.Step L back, making 1/2 Turn L, pause**

**3-4.Step L forward next to R, making 1/2 Turn R, pause**

**5-6.Step R forward, Step back on L**

**7&8.Step R back, Step L next to R, Step R forward**

### **S.3. Syncopated Vine R, L Back Cross, Return**

**1-2.Step R to R, Step L behind R**

**&3-4.Step R to R, Step L Behind R , Step R to R**

**5-6.Step L back, Recover on R**

**7-8.Step L to L, step R next to L**

### **S.4. Vine L, 3/4 Cross Over Turn R**

**1-2.Step L to L, Step R behind L**

**3-4.Step L to L, Cross R over L**

**5-6.Turning 1/2 R, step L over R, Step R to R**

**7-8.Turning 1/4 R, Step L over R, Step R next to L**

**Tag after 1st S.6. (Wall 2, 9 o'clock)**

**Tag after 2nd S.4. (Wall 3, 6 o'clock)**

**Restart after 3rd S.4. (Wall 4 3 o'clock, start of guitar break)**

**Tag after 3rd S.6. (Wall 6, 9 o'clock, end of guitar break)**

**Restart after 6th S.4. (Wall 8, 6 o'clock, start of saxophone break)**

**Tag after 5th S.6. (Wall 9, 12 o'clock, end of saxophone break)**

**Restart after 9th S.4. (Wall 10, 9 o'clock)**

**Finish with 1/2 Paddle Turn R on last 4 beats of final F.6. to face 12 o'clock.**

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