

Social DisDancing Made Easy

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Count: 48

Wall: 4

Level: Beginner

Choreographer: Rex Allott - April 2020

Music: Sick & Tired by Boz Scaggs

Intro - On Vocals (48 beats)

S.1. Out, In, Out, Cross R, Rpt L

1-2.Step R out R, Return

3-4.Step R out R, Step R back L over R

5-6.Step L out L, Return

7-8.Step L out L, Step L back R over L. Finish facing 45#R

S.2. R Toe, Heel, Toe, Heel, 1/4 Turn L, Rpt L

1-2.Tap R toe behind L, tap R heel forward

3-4.Tap R toe behind L, Return R next to L

5-6.Turning 1/4 turn L to face 45# L, tap L toe behind R, tap L heel forward

7-8.Tap L toe behind R, Return L next to R

S.3. R Lock Step, 1/4 Turn L, L Lock Step

1-2.Facing 45# R, step R forward, step L behind R.

3-4.Step R forward, step L behind R

5-6.Make 1/4 L, facing 45# L, step L forward, Step R behind L

7-8.Step L forward, step R behind L. Finish facing 45# L

S.4. R Toe, Heel, Toe, Heel 1/4 Turn R, Rpt L

1-2.Facing 45# L, tap R toe back R, tap,R heel forward

3-4.Tap R toe back R, Return R next to L

5-6. Make 1/4 turn R to face 45# R, tap L toe back L, tap, L heel forward

7-8. Tap L toe back L, Return L next to R. Finish facing 45# R

S.5. Step 1/8 Turn R, 1/4 Turn L, Step 1/8 Turn L x 2

1-2. Turning 1/8 turn R, step R to R, step L next to R

3-4. Turning 1/4 turn L, step L to L, step R next to L

5-6. Turning 1/8 turn L, step L to L, step R next to L

7-8. Turning 1/8 turn L, step L to L, step R next to L. Finish facing 90# L

S.6. R Heel, Toe, Heel, Toe Rpt L

1-2. Tap R heel next to L, turning R toe in, tap it next to L

3-4. Tap R heel next to L, step R next to L

5-6. Tap L heel next to R, turning L toe in, tap, it next to R

7-8. Tap L heel next to R, step L next to R

Tag.

S.1. Toe Fan R, L, Toe Out, Heel Out, In, Toe In R

1-2. Fan R toe out, return

3-4. Fan L toe out, return

5-6. Fan R toe out, R heel out

7-8. R heel in, R toe in

S.2. Toe Out, Heel Out, In, Toe In L, Rpt. Both

1-2. Fan L toe out, L heel out

3-4. L heel in, L toe in

5-6 Fan both toes out, heels, out

7-8. Both heels in, Toes in

S.3. Vine R, R Coaster Step

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

3-4.Step R to R, step L next to R

5-6.Step R back, step L next to R

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

S.4. Vine L, 3/4 Step Turn R

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

3-4.Step L to L, step R next to L

5-8.Turning 3/4 R step R, L, R, L, R, L. Finish facing 180# R"

Optional hand (gel) movements with S.1 & S.2 of Tag.

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 S.6 to face 12 o'clock

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