

# I'm So Tired

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

**Choreographer:** Rebecca Armstrong (Scotland - Dec 08)

**Music:** Up All Night by Take That - Album- The Circus

## Intro 8 counts

### (1-8) WALK, WALK, WALK, FLICK, BACK, BACK, COASTER STEP

1-2 step fwd on R, step fwd on L

3-4 step fwd on R, flick L foot behind R knee

5-6 step back on L, step back on R

7&8 step back on L, step R beside L, step fwd on L

### (9-16) ROCK, RECOVER, ½ SHUFFLE, ROCK, RECOVER, BACK, ROCK, RECOVER, BACK

1-2 rock fwd on R, recover back on L

3&4 make ¼ turn R stepping R to R side, step L beside R, make ¼ turn R stepping R to R side

5&6 rock L to L side, recover on to R, step back on L

7&8 rock R to R side, recover on to L, step back on R

### (17-24) ROCKING CHAIR, STEP BACK, HOOK, FWD SHUFFLE

1-2 rock back on L, recover fwd on R

3-4 rock fwd on L, recover back on R

5-6 step back on L, hook R across L

7&8 step fwd on R, step L beside R, step fwd on R

### (25-32) STEP ½ PIVOT, ROCK, RECOVER, STEP, LOCK, BACK, LOCK, UNWIND ¾

1-2 step fwd on L, pivot ½ turn R (ending weight on R)

**3&4 rock fwd on L, recover back on R, step back on L**

**5&6 lock R across L, step back on L, lock R across L**

**7-8 unwind  $\frac{3}{4}$  turn L over 2 counts (weight ending on L)**

**Restart On Wall 4**

**After count 8, start dance again**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=76964](https://www.linedance.com/index.php?f=dance_view&id=76964)