

ON THE LINE

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Liz Larsson

Music: Sick And Tired by Anastacia

SIDE ROCK RIGHT, BEHIND SIDE CROSS, SIDE ROCK LEFT, BEHIND SIDE CROSS

- 1-2** Rock right to right, recover onto left
- 3&4** Step right behind left, step left to left, cross right over left (taking weight)
- 5-6** Rock left to left, recover onto right
- 7&8** Step left behind right, step right to right, cross left over right (taking weight)

SHUFFLE FORWARD RIGHT, MAMBO STEP FORWARD LEFT, SHUFFLE BACK RIGHT, MAMBO STEP BACK LEFT

- 1&2** Step right forward, step left next to right, step right forward
- 3&4** Mambo forward left, recover back onto right, step back on left
- 5&6** Step right back, step left next to right, step right back
- 7&8** Mambo back left, recover back onto right, step forward on left

SWAY TWICE, SHUFFLE TURN ¼ RIGHT, POINTS

- 1-2** Sway right, sway left
- 3&4** Turn ¼ to right on ball of left, step right forward, step left next to right, step right forward
- 5-6** Point left to left, touch left beside right
- 7&8** Point left to left, touch left beside right, point left to left

COASTER STEP, SHUFFLE FORWARD RIGHT, SKATE TWICE, BACK LOCK STEP LEFT

- 1&2** Step back on left, step right beside left, step forward on left
- 3&4** Step right forward, step left next to right, step right forward
- 5-6** Skate left, skate right
- 7&8** Step back on left, lock right across left, step back onto left

REPEAT

TAG

16 counts after 3rd wall (facing 9:00)

SIDE ROCK RIGHT, COASTER STEP, SIDE ROCK LEFT, COASTER STEP

- 1-2** Rock right to right, recover onto left
- 3&4** Step back on right, step left beside right, step forward on right
- 5-6** Rock left to left, recover onto right
- 7&8** Step back on left, step right beside left, step forward on left

FORWARD ROCK RIGHT, COASTER STEP, FORWARD ROCK LEFT, COASTER STEP

- 1-2** Rock forward right, recover onto left
- 3&4** Step back on right, step left beside right, step forward on right
- 5-6** Rock forward left, recover onto right
- 7&8** Step back on left, step right beside left, step forward on left