

Must Be Tired

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Adam Åstmar (SE) March 2018

Music: "I'm Gonna Be (500 Miles) - Claim Cracker Remix" by David Togni, Claim Cracker (3:47) ~ 125 bpm.

Intro: 80 Counts, starting on the word 'Wake' (approx. 39 seconds). Feel free to clap your hands to the beat! :)

Sect - 1: R Cross. Walk Back L, R. L Coaster Step. R Step /w L Flick. Step L Back /w R Sweep. Left Weave.

1 - 2(1) Cross RF over LF. (2) Step back on LF.

3 - 4 &(3) Step back on RF. (4) Step back on LF. (&) Close RF next to LF.

5 - 6(5) Step forward on LF. (6) Step forward on RF and flick LF behind RF.

7 - 8 & 1(7) Step back on LF and sweep RF from front to back.(8) Step RF behind LF. (&) Step to the left side on LF. (1) Cross RF over LF.

Sect - 2: L Side. R Behind. L Chasse 1 / 4. R Step. 1 / 4 Pivot Left. R Cross Samba 1 / 8 Right.

2 - 3(2) Step to the left side on LF. (3) Step RF behind LF.

4 & 5(4) Step to the left side on LF. (&) Close RF next to LF. (5) Turn 1 / 4 to the left by stepping forward on LF. {9:00}

6 - 7(6) Step forward on RF. (7) Turn 1 / 4 to the left placing weight on LF. {6:00}

8 & 1(8) Cross RF over LF. (&) Step to the left side on LF. (1) Turn 1 / 8 to the right by stepping slightly forward on RF. {7:30}

Sect - 3: Walk Forward L, R. L Shuffle Forward. R Rock Forward. Left Weave & Square Up.

2 - 3(2) Step forward on LF. (3) Step forward on RF.

4 & 5(4) Step forward on LF. (&) Close RF next to LF. (5) Step forward on LF.

6 - 7(6) Rock forward on RF. (7) Recover on LF.

8 & 1(8) Step RF behind LF. (&) Turn 1 / 8 to the left and step to the left side on LF. (1) Cross RF over LF. {6:00}

Sect - 4: L Side Rock. R Recover. L Sailor 1 / 2. Walk 1 / 2 Turn R, L, R.

2 - 3(2) Rock to the left on LF. (3) Recover on RF.

4 & 5(4) Step LF behind RF. (&) Turn 1 / 2 to the left by stepping RF next to LF. (5) Step forward on LF. {12:00}

- Restart with tag comes here at wall 3, see note below! -

6 - 7 - 8(6) Walk 1 / 2 to the left by stepping forward on RF, LF, RF. {6:00}

Sect - 5: X2 (Diagonal Hop. Hold & Clap. Hop Back In Position. Hold & Clap.) Diagonal Hops Goes Left & Right

& 1 - 2(&) Hop Slightly forward to the left diagonal on LF. (1) Finish hop to the diagonal by stepping slightly to the right on RF. (2) Hold & clap. {4:30}

& 3 - 4(&) Hop back to original position on LF. (3) Finish hop by closing RF next to LF. (4) Hold & clap. {6:00}

& 5 - 6(&) Hop Slightly forward to the right diagonal on LF. (5) Finish hop to the diagonal by stepping slightly to the right on RF. (6) Hold & clap. {7:30}

& 7 - 8(&) Hop back to original position on LF. (7) Finish hop by closing RF next to LF. (8) Hold & clap. {6:00}

Sect - 6: X4 (L Chug 1 / 8 to the right). L Jazz Box /w Cross.

1 - 4(1 - 4) Turn 1 / 8 to the right by pushing to the left on LF. Do this 4 times. {12:00}

5 - 6(5) Cross LF over RF. (6) Step back on RF.

7 - 8(7) Step slightly to the left side on LF. (8) Cross RF over LF.

Sect - 7: X2 (Diagonal Hop. Hold & Clap. Hop Back In Position. Hold & Clap.) Diagonal Hops Goes Left & Right

& 1 - 2(&) Hop Slightly forward to the left diagonal on LF. (1) Finish hop to the diagonal by stepping slightly to the right on RF. (2) Hold & clap. {10:30}

& 3 - 4(&) Hop back to original position on LF. (3) Finish hop by closing RF next to LF. (4) Hold & clap. {12:00}

& 5 - 6(&) Hop Slightly forward to the right diagonal on LF. (5) Finish hop to the diagonal by stepping slightly to the right on RF. (6) Hold & clap. {1:30}

& 7 - 8(&) Hop back to original position on LF. (7) Finish hop by closing RF next to LF. (8) Hold & clap. {12:00}

Sect - 8: X4 (L Chug 1 / 8 to the right). L Jazz Box /w Cross. L Ball Step.

1 - 4(1 - 4) Turn 1 / 8 to the right by pushing to the left on LF. Do this 4 times. {6:00}

5 - 6(5) Cross LF over RF. (6) Step back on RF.

7 - 8 &(7) Step slightly to the left side on LF. (8) Cross RF over LF. (&) Step slightly to the left side on ball of LF.

- Restart the dance

NOTE: Tag with Restart comes in section 4, wall 3 after counts 4 & 5.

R Cross. L Side. Left Weave

6 - 7(6) Cross RF over LF. (7) Step to the left side on LF.

8 & 1(8) Step RF behind LF. (&) Step to the left side on LF. (1) Cross RF over LF, restarting the dance.

Have fun dancing this dance! After all, it's what dancing is all about! :)