

One Bad Trip

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

Choreographer: Lynne Martino , 9/5/2014

Music: Hell & Back by Big-B

Non-Country Alternative: The End of the Road by Gladys Knight and the Pips.

Available on Amazon mp3 download. **See note on bottom of stepsheet

Free music download - email: bvamd@icloud.com.

Start after 8 cts. On vocals

[1-8] Step Touches with Claps

- 1-2** Step R back(1), touch L next to R & clap(2)
- 3-4** Step L back(3), touch R next to L & clap(4)
- 5-6** Repeat counts 1,2
- 7-8** Repeat counts 3,4

Note: you are moving back on an angle(towards 5:00 o'clock on R & towards 7:00 o'clock on L

[9-16] Kick Ball Touch, Kick Ball Touch, 3 Walks, *Touch

- 1&2** Kick R forward(1), step back on R(&), touch L out to left side(2)
- 3&4** Kick L forward(3), step back on L(&), touch R out to right side(4)
- 5-8** Walk forward R,L,R(5-7), *touch L next to R(8)

*** Restart: here on wall 6 (9 o'clock) Step left next to Right (8) then Restart**

[17-24] Step Touches, Vine with ¼ Turn, Brush

- 1-4** Step L to left side(1), touch R next to L(2), step R to right side(3), touch L next to R(4)
- 5-8** Step L to left side(5), step R behind L(6), making ¼ turn left, step forward(7), brush R forward(8)

[25-32] Jazz Box, Rocking Chair

- 1-4** Cross step R over L(1),step L back(2),step R to right side (3), step L next to R(4)
- 5-8** Rock R forward(5), recover weight on L(6), rock R back(7) recover weight on L(8)

Restart: Wall 6 (9: o'clock)after the first 16 cts.

To end in the front , dance thru to ct.24 and make another $\frac{1}{4}$ turn left to face front(17-23-step touches, vine with $\frac{1}{4}$ turn,ct.24 $\frac{1}{4}$ turn left-12o'clock wall.)

****If you use the non- country music, there will be a 4 ct. Tag on walls 3,5,&7.**

The Tag comes at the end of the 32 cts. The Restart takes place exactly at the same wall and the same time.

Tag: 4 cts. One full hip rotation starting right for 4 cts This is will be at the end of the dance on walls 3,5,7

Choreographer's Info: Lynne Martino, wiska51@aol.com, Facebook page: Lynne's Dance Crew