

**Forget Your Troubles**

BEGINNER

64 Count

Choreographed by: Jan Wise, Michael

Cohen, Michael Vera-Lobos &amp; Noel Bradey

Choreographed to: Lost In The Shuffle by Michael Peterson

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- 1 & 2 & 3,4 Kick right foot forward, jump back on right beside left placing left heel 45 degrees left, jump left beside right stepping forward on right, pivot 1/2 turn left
- 1,2,3 & 4 Cross right over left, kick left foot to left side, cross shuffle left over right (left-right-left)
- 1 & 2 & 3,4 Point right toe to right side, jump right beside left to point left toe to left side, jump left beside right crossing right over left, unwind 1/2 turn left (end weight on right)
- 1 & 2 & 3,4 Tush push-touch left heel forward, jump left beside right touching right heel forward, jump right beside left touching left heel forward, clap
- & 1,2,3,4 Step back on left pushing off to step forward on right, step left beside right, double heel bounce
- 1,2,3 & 4 Tossed feathers: scuff right toe 45 degrees left, scuff right heel across left, shuffle right side right (right-left-right)
- 1,2,3 & 4 Tossed feathers: scuff left toe 45 degrees right, scuff left heel across right, shuffle left side left (left-right-left)
- 1,2,3 & 4 Rock forward on right, rock back on left, turn 3/4 turn right (paddle turn right-left-right)
- 1,2,3 & 4 Rock forward on left, rock back on right, turn 3/4 turn left (paddle turn left-right-left)
- 1 & 2,3 & 4 Touch right heel 45 degrees right, jump back on right crossing left over right, touch right heel 45 degrees right, jump back on right crossing left over right (traveling right)
- 1,2 Step right to right rocking weight onto right, rock weight back onto left
- 1 & 2,3 & 4 Sailor steps: cross right behind left, step left to left, step right in place, cross left behind right, step right to right, step left in place
- 1,2 Touch right behind left turning 3/4 turn right (keeping weight on left)
- 1 & 2,3 & 4 Shuffle forward right, shuffle forward left
- 1,2 Rock forward right, rock back on left
- 1 & 2 Traveling back turn 540 degrees right (1 1/2 turn) stepping right-left-right
- 1 & 2,3 & 4 Shuffle forward left, shuffle forward right
- 1,2 Rock forward left, rock back right
- 1 & 2 Turn left (1 1/4 turn stepping left-right-left)

**REPEAT****/At the end of walls two and five, add the following steps:****TRAVELING FORWARD, BOX STEP-TRAVELING BACK**

- 1 & 2,3 & 4 Kick right ball change, Kick right ball change
- 5 - 8 Cross right over left, Step back on left, Step right to right side Step left beside right