

I'm So Tired**IMPROVER**

32 Count 4 Walls

Choreographed by: Rebecca Armstrong

Choreographed to: Up All Night by Take That

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- 1 - 8** **1-8 WALK, WALK, WALK, FLICK, BACK, BACK, COASTER STEP**
1 - 2 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, 1/2 SHUFFLE, ROCK, RECOVER, BACK, ROCK, RECOVER, BACK**
1 - 2 rock fwd on R, recover back on L
3 & 4 make 1/4 turn R stepping R to R side, step L beside R, make 1/4 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 1/2 PIVOT, ROCK, RECOVER, STEP, LOCK, BACK, LOCK, UNWIND 3/4**
1 - 2 step fwd on L, pivot 1/2 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 3/4 turn L over 2 counts (weight ending on L)
- RESTART** **On wall four, restart dance after count 8**
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