

## On The Line

32 count, 4 wall, beginner/intermediate level  
Choreographer: Liz Larsson (Sweden) Feb 2005  
Choreographed to: Sick And Tired by Anastacia,  
Anastacia 2004

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16 count intro from heavy beat

**Side rock R, behind side cross, side rock L, behind side cross**

1-2 Rock R to right, recover onto L

3&4 Step R behind L, step L to left, cross R over L (taking weight)

5-6 Rock L to left, recover onto R

7&8 Step L behind R, step R to right, cross L over R (taking weight)

**Shuffle forward R, mambo step forward L, shuffle back R, mambo step back L**

1&2 Step R forward, step L next to R, step R forward

3&4 Mambo forward L, recover back onto R, step back on L

5&6 Step R back, step L next to R, step R back

7&8 Mambo back L, Recover back onto R, step forward on L

**Sway x2, shuffle turn ¼ R, points**

1-2 Sway R, Sway L

3&4 Turn ¼ to right on ball of L, step R forward, step L next to R, step R forward

5-6 Point L to left, touch L beside R

7&8 Point L to left, touch L beside R, point L to left

**Coaster step, shuffle forward R, skate x2, back lock step L**

1&2 Step back on L, step R beside L., step forward on L

3&4 Step R forward, step L next to R, step R forward

5-6 Skate L, skate R

7&8 Step back on L, lock R across L, step back onto L

**Tag** 16 counts after 3rd wall (facing 9 o'clock)

**Side rock R, coaster step, side rock L, coaster step**

1-2 Rock R to right, recover onto L

3&4 Step back on R, step L beside R., step forward on R

5-6 Rock L to left, recover onto R

7&8 Step back on L, step R beside L., step forward on L

**Forward rock R, coaster step, forward rock L, coaster step**

1-2 Rock forward R, recover onto L

3&4 Step back on R, step L beside R., step forward on R

5-6 Rock forward L, recover onto R

7&8 Step back on L, step R beside L., step forward on L