

Tossin' & Turning

32 Count, 4 Wall, Improver

Choreographer: Francien Sittrop (NL) Oct 2014

Choreographed to: Heartache by Jason McCoy.

Album: Everything

Intro: Start after 2 counts from the beginning

1 – 8 Side, Behind & Cross , ¼ R Fwd, Step Fwd, Pivot ½ R, Shuffle fwd

1-2& Step R to R side, Step L behind R, Step R next to L

3 – 4 Step L across R, ¼ Turn R step R fwd

5 – 6 Step L fwd, Pivot ½ Turn R (09.00)

7 & 8 Step L fwd, Step R next to L, Step L fwd

9-16 Step Fwd, Hold, Together ,¼ R Cross , Point, Full Turn L, Side Rock Recover

1 – 2 Step R fwd, Hold

&3-4 Step L next to R, ¼ Turn R step R across L, Point L to L side(12.00)

5 - 6 ¼ Turn L Step L fwd, ½ Turn L step R back

7 – 8 ¼ Turn L rock L to L side, Recover on R (12.00)

17-24 Cross, Hold & Cross, ¼ Turn L, ¼ Turn L, Step fwd, Shuffle Fwd

1 - 2 Step L across R, Hold

&3-4 Step R to R side, Step L across R, ¼ Turn L step R back (09.00)

5 – 6 ¼ Turn L step L to L side, Step R fwd (06.00)

7 & 8 Step L fwd, Step R next to L, Step L fwd

25-32 Step fwd. Point, Point R, ¼ Turn R, Walks ¼ Turn R, Shuffle fwd ¼ Turn R

1-2& Step R across L, Point L to L side, Step L next to R

3 – 4 Point R to R side, make ¼ Turn R put Weight on R (09.00)

5 - 6 Walk R with ¼ Turn R with L,R

7 & 8 Shuffle ¼ Turn R with L,R, L (03.00)

Ending: Last Wall starts at the back wall.

Dance the first 8 counts then make ¼ Turn L step R to R side To face the front wall.