

## Toss & Turn

48 Count, 4 Wall, Intermediate

Choreographer: Gary Lafferty (UK) Dec 2016

Choreographed to: Shattered Dreams by Sergey Lazarev

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**130 bpm****Music Info: 32-count intro (No Tags, No Restarts)****Section 1: Right Kick-Ball-Step, Rock Forward, Recover; Triple ½ Turn, Step Forward, ½ Turn**

1&amp;2 Kick Right foot forward, step down onto Right foot beside Left, step forward on Left foot

3-4 Rock forward on Right foot, recover weight back onto Left foot

5&amp;6 Shuffle ½ turn back over Right shoulder on Right-Left-Right

7-8 Step forward on Left foot, pivot ½ turn to Right

**Section 2: Left Kick-Ball-Step, Rock Forward, Recover; Triple ½ Turn, Step Forward, ½ Turn**

1&amp;2 Kick Left foot forward, step down onto Left foot beside Right, step forward on Right foot

3-4 Rock forward on Left foot, recover weight back onto Right foot

5&amp;6 Shuffle ½ turn back over Left shoulder on Left-Right-Left

7-8 Step forward on Right foot, pivot ½ turn to Left

**Section 3: Right Side-Shuffle, Rock Back, Recover; Step Left, Hold, & Step Left, Hold**

1&amp;2 Step to Right on Right foot, step on Left foot beside Right, step to right on Right foot

3-4 Rock back on Left foot, recover weight onto Right foot

5-6 Step to Left on Left foot, hold

&amp;7-8 Step on Right foot beside Left, step to Left on Left, hold

**Section 4: & Step Left, ¼ Monterey Turn; Left Sailor Step, Right Sailor Step**

&amp;1 Step on Right foot beside Left, step to Left on Left

2-4 Point Right foot out to Right side, turn ¼ Right stepping down onto Right foot, point Left foot out to Left side

5&amp;6 Cross-step Left foot beside Right, step to Right on Right foot, step to Left on Left foot

7&amp;8 Cross-step Right foot beside Left, step to Left on Left foot, step to Right on Right foot

**Section 5: Touch Behind, Unwind ½ Turn, Step Forward, ½ Turn; Travelling Heel Grinds**

1-2 Touch Left foot back behind Right, make ½ turn Left transferring weight onto Left foot

3-4 Step forward on Right foot, pivot ½ turn to Left

5-6 Touch Right heel forward with toes turned in, turn toes out taking weight onto full Right foot flat on floor

7-8 Touch Left heel forward with toes turned in, turn toes out taking weight onto full Left foot flat on floor

**Section 6: Rock Forward, Recover, Full Triple Turn; Rock Forward, Recover, Step Back, Touch**

1-2 Rock forward on Right foot, recover weight onto Left foot

3&amp;4 Make a full triple turn in place over Right shoulder stepping Right-Left-Right (or do a coaster step if you prefer)

5-6 Rock forward on Left foot, recover weight onto Right foot

7-8 Step back on Left foot, touch Right foot beside Left

**Start Again**

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