
Commence after 10 seconds on the first word "sick"

Lunge, recover, step back, hold, rock back, recover, close, hold

- 1-4 Lunge forward onto right foot (reaching forward with left hand), recover on left, step back on right, hold
5-8 Rock back on left, recover on right, close left to right, hold

Restart during wall 8 (facing 12 o'clock)

Cucaracha to right then left

- 1-4 Rock right to right, recover on left, close right to left, hold

Styling The hip movement on steps 1-4 : slowly circle hips clockwise.

- 5-8 Rock left to left, recover on right, close left to right, hold

Styling Steps 5-8 : slowly circle hips anti-clockwise. This hip movement will create a figure 8.

Option If you wish to leave out the hips then dance 1-8 as side mambos)

Raise and kick, step down, rock behind, recover, raise and kick, step down, rock behind, recover

- 1 Raise up on ball of left and at the same time kick right foot slightly off the floor to right diagonal
2-4 Step down on right squaring body to 12 o'clock, step left behind right, recover on right
5 Raise up on ball of right and at the same time kick left foot slightly off the floor
6-8 Step down on left squaring body to 12 o'clock, step right behind left, recover on left

Styling Optional: steps 1 & 5 arms softly out to sides leaning slightly back, pointing toe down on the kick.

Side, behind, 1/4 turn right, step pivot 1/2 right onto right, step forward onto left, full turn left (or 2 walks)

- 1-4 Right to right, left behind right, turn 1/4 right stepping forward on right, step forward on left
5-8 1/2 pivot right transferring weight to right, forward on left, turn 1/2 left stepping back on right,
1/2 left stepping forward on left (or replace 7-8 with 2 walks forward)

Restart during wall 5 facing 12 o'clock

Step, slowly bring foot through, step, slowly bring foot through, step, slowly bring foot through, tap behind

- 1-2 Step forward on right, slowly bring left through hovering the foot just off the floor
3-4 Step forward on left, slowly bring right foot through hovering the foot just off the floor
5-6 Step forward on right, slowly bring left through hovering the foot just off the floor
7-8 Step forward on left, tap right foot behind right

Restart with step change during wall 2

Choreographers note delay the foot coming through and make sure you hover the foot off the floor before you step on to it. Slow motion walk

Back, Sweep, back, sweep, behind, side, cross, hitch left knee next to right leg

- 1-4 Back on right, sweep left round, step back on left, sweep right round
5-8 Right behind left, left to left, cross right over left, hitch left leg next to right leg

Lunge to left with body turn, recover, hitch left to right, 1/4 turn left Stepping forward on left, sweep right round over 2 beats, touch

- 1-2 Lunge left to left, turn body further round to left (body will be facing 6 o'clock)
3-4 Recover onto right (body squares back to 9 o'clock), hitch left next to right leg letting body turn slightly to right diagonal (prep for next step)
5 Turn 1/4 left stepping forward on left (6 o'clock)
6-7 Keeping weight on left sweep right foot round as you turn 1/2 left
8 Touch right next to left (12 o'clock)

Step, 1/2 turn right, 1/2 right, step, hold, 1/2 left stepping back, close, hold

- 1-4 Step forward on right, 1/2 right stepping back on left, 1/2 turn right stepping forward on right, hold
5-8 Step forward on left, 1/2 left stepping back on right, close left to right, hold (6 o'clock)

Option The full turn can be replaced by runs forward, hold)

Restarts

During wall 2 : dance sections 1-5 but replace the tap behind with another hover through with right foot, restart facing 3 o'clock

During wall 5: dance sections 1-4 and restart facing 12 o'clock

During wall 8: dance section 1 and restart facing 12 o'clock

Ending At the end of the music you will be facing 12 o'clock finish the dance with 2 walks forward reaching right hand forward and hold in position for a dramatic finish!!

Note Although this is a 2 wall dance because of the restarts you will use all four walls.

To help you this is where each wall will start:

Wall 1: 12 o'clock

Wall 2: 6 o'clock (40 counts)

Wall 3: 3 o'clock

Wall 4: 9 o'clock

Wall 5: 3 o'clock (32 counts)

Wall 6: 12 o'clock

Wall 7: 6 o'clock

Wall 8: 12 o'clock (8 counts)

Wall 9: 12 o'clock

Wall 10: 6 o'clock

Wall 11: The ending facing 12 o'clock



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