

Tossin' & Turning

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Francien Sittrop (NL) - October 2014

Music: Heartache - 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)

Start Again

Ending: Last Wall start at the back wall.

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

Contact - Website: www.franciensittrop.nl