

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida; WWW.swivelfeet.se

Bored

Count: 32 Wall: 4 Level: Beginner

Choreographer: Ria Vos, Dec 2016

Music: Bored To Death - Eric Hutchinson. Album: Easy Street

Intro: 16 Counts



Actual footwork

Section 1 Rock Fwd, & Rock Fwd, Shuffle Back, Rock Back

1 - 2	Rock Fwd on R, Recover on L
& 3 - 4	Step R Next to L, Rock Fwd on L, Recover on R
5 & 6	Shuffle Back Stepping L-R-L
7 - 8	Rock Back on R, Recover on L

Section 2 Step ¼ L, Touch, Side, Kick-Ball-Cross, Side, Behind-Side-Cross

1 - 2	Step Fwd on R, ¼ Turn L Tap L Toe to R Diagonal (weight on R)
3	Step L to L Side
4 & 5	Kick R to R Diagonal, Step R Next to L, Cross L Over R
6	Step R to R Side
7 & 8	Step L Behind R, Step R to R Side, Cross L Over R

Section 3 Side Rock, Crossing Shuffle, ¼ R, Side, Crossing Shuffle

1 - 2	Rock R to R Side, Recover on L
3 & 4	Cross R Over L, Step L to L Side, Cross R Over L
5 - 6	¼ Turn R Step Back on L, Step R to R Side
7 & 8	Cross L Over R, Step R to R Side, Cross L Over R

Section 4 Side Rock, & Side Rock, Sailor ¼ Turn L, Walk, Walk

1 - 2	Rock R to R Side, Recover on L
& 3 - 4	Step R Next to L, Rock L to L Side, Recover on R
5 & 6	Step L Behind R Turning ¼ Turn L, Step R Next to L, Step Fwd on L
7 - 8	Walk Fwd R-L

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