



Tired

Niveau	Easy Intermediate
Chorégraphe	Daniel Trepas(NL), Roy Verdonk(NL), Sebastiaan Holtland(NL) August 2017
Musique	Tired by Alan Walker ft. Gavin James (Kygo Remix) (Track on iTunes & other mp3 sites) (approx 4:00 mins).
Description	64 temps, 2 murs
Intro	16 counts

Tag : after wall 3 there is a 4 count tag (facing 6.00 o' clock)

Section 1 Kick/Ball/Cross, Side Rock/Recover, Back Rock/Recover, Chasse R

1&2 Rf kick diagonally forward right, Rf step together(&), Lf cross in front of Rf
 3-4 Rf rock right, recover onto Lf
 5-6 Rf rock back, recover onto Lf
 7&8 Rf step right, Lf step together(&), Rf step right

Section 2 Back Rock/Recover, Side, Behind, Full Turn L, Chasse L

1-2 Lf rock back, recover onto Rf
 3-4 Lf step left, Rf cross behind Lf
 5-6 make 1/4 turn left stepping Lf forward (9.00), make 1/2 turn left stepping Rf back (3.00)
 7&8 make 1/4 turn left stepping Lf left (12.00), Rf step together(&), Lf step left

Section 3 Cross, Point L, Cross, 1/4 Turn L, Back, Triple Back L, Rock Back/Recover

1-2 Rf cross in front of Lf, Lf point left
 3-4 Lf cross in front of Rf, make 1/4 turn left stepping Rf back (9.00)
 5&6 Lf step back, Rf step together(&), Lf step back
 7-8 Rf rock back, recover onto Lf

Section 4 Point R, Cross, Point L, Cross, Jazz box R With 1/4 Turn R

1-2 Rf point right, Rf cross in front of Lf
 3-4 Lf point left, Lf cross in front of Rf
 5-6 Rf cross in front of Lf, make 1/4 turn right stepping Lf back (12.00)
 7-8 Rf step right, Lf step forward

Section 5: Irish Tap Section, Chasse R

1&2& Rf touch heel forward, step together(&), Lf touch heel forward, Lf step together
 Rf touch behind Lf, Rf small step back(&), Lf touch heel forward, Lf step back in
 place (&)
 3&4&
 5&6 Rf brush forward, Rf cross in front of Lf(&), Lf step back
 7&8 Rf step right, Lf step together (&), Rf step right

Section 6 Cross, Side, Behind/Side/Heel, Ball/Cross, Side, Sailor Step With 1/4 Turn R

1-2 Lf cross in front of Rf, Rf step right
 3&4 Lf cross behind Rf, Rf small step right(&), Lf touch heel diagonally forward left
 &5-6 Lf step together(&), Rf cross in front of Lf, Lf step left
 7&8 Rf cross behind Lf, make 1/4 turn right stepping Lf slightly left (&) , Rf step forward (3.00)



Section 7 Toe Heel Struts (L, R, L, R) With Finger Snaps

- 1-2 Lf touch toes forward, Lf drop heel down snapping fingers down next to body
3-4 Rf touch toes forward, Rf drop heel down snapping fingers next top body
5-6 Lf touch toes forward, Lf drop heel down snapping fingers down next to body
7-8 Rf touch toes forward, Rf drop heel down snapping fingers next top body

Section 8 Rock Forward/Recover, Triple With 1/2 Turn L, 1/4 Turn R, Brush/Ball/Cross

- 1-2 Lf rock forward, recover onto Rf
3&4 make 1/4 turn left stepping Lf left(12.00), Rf step together(&), make 1/4 turn left stepping Lf forward (9.00)
5-6 Rf step forward, make 1/4 turn left stepping Lf left
7&8 Rf brush diagonally forward right, Rf step together (&), Lf cross in front of Rf

Tag : after wall 3 (facing 6.00) you will do 4 count Tag

Hip Sways

- 1- 2 Rf step right swaying hips right, sway hips left
3-4 sway hips right, sway hips left (taking weight onto Lf)