



Trouble Is A Friend

Choreographed by **Cato Larsen**

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Description: 32 counts, 4 Wall Linedance.
Nivå: Intermediate.
Musikk: Trouble Is A Friend – Lenka.
CD: Lenka – Lenka (2008).
Intro: Start the dance at vocals after 16 counts. (12 seconds).
Motion: Novelty (Social only).
Tempo: 118 BPM.
Videolink: <http://www.youtube.com/watch?v=2XSO9JUljmE>

1 – 9	Step, Mambo Step, Point, Unwind, Kick-Cross-Back, Side Rock.	
1	Step forward on right (1).	12:00
2&3	Step forward on left (2), Rock (recover) weight back again onto right (&), Step back on left (3).	
4,5	Point right toe back (4), Unwind ½ turn right (5).	6:00
6&7	Kick right foot forward (6), Cross right over left (&), Step back on left (7).	
8,1	Step right to right side (8), Rock (recover) weight back again onto left (1).	
10 – 17	Sailor Step, Cross Rock, Side Shuffle, Step, 1/4 turn.	
2&3	Cross right behind left (2), Step left slightly left (&), Step right slightly right (3).	
4,5	Cross left over right (4), Rock (recover) weight back again onto right (5).	
6&7	Step left to left side (6), Step right next to left (&), Step left to left side (7).	
8,1	Step forward on right (8), Pivot ¼ turn left (1).	3:00
18 – 25	Kick-Ball-Touch, Dip with Hip thrust, Shoulder Shrugs, Step, Hitch 1/4 turn.	
2&3	Kick right foot forward (2), Step right next to left (&), Touch left toe forward (3).	
&	Dip down by bending your knees and Push hips forward (&)	
4	Push hips back (4).	
&	Raise up and Push hips forward (&).	
5	Push hips back (5).	
6	Push right shoulder up and left shoulder down (6).	
&	Push right shoulder down and left shoulder up (&).	
7	Push right shoulder up and left shoulder down (7).	
8,1	Step forward on left (8), Hitch right knee Turning ¼ turn left (1).	12:00
Restart:	<i>Restart from here on wall nr. 9. Omit count 1. Start from the top! You will be facing 9:00</i>	
26 – 32	Cross Rock, Side, Diagonal Walk forward, 1/2 turn, Walk diagonal forward, 5/8 turn.	
2&	Step right across of left (2), Rock (recover) back again onto left (&).	
3	Step right to right side (3).	
4,5	Step left diagonally forward left across of right (4), Step right diagonally forward right (5).	1:30
6	Pivot ½ turn left (6).	7:30
7	Step right diagonally forward right (7).	7:30
8	Step left diagonally forward across of right (8).	7:30
&	Pivot 5/8 turn right (&).	3:00
Tag:	<i>To be danced after wall nr. 3. You will be facing 9:00.</i>	
1 – 6	Step, Anchor Step, Point, Unwind, Shuffle forward, Step.	
1	Step forward on right (1).	9:00
2&	Step left in 3rd position behind right (2), Step right next to left (&).	
3	Step slightly back on left (3).	
4,5	Point right toe back (4), Unwind ½ turn right (5).	
6&7	Step forward on right (6), Step left next to right (&), Step forward on right (7).	
8	Step forward on left (8).	