

Intro: 32 counts from start of track, begin on vocals at approx 21secs

So Sick - starts 32 counts from start on main vocals)

**&1 – 8 Jump back right, left. Ball cross, Side rock cross, touch out in, step, 1/4 right sailor**

& 1 Step back on right (&), step back on left shoulder width apart from right (1) 12.00

& 2 Step in place with right (&), cross left over right (2) 12.00

3 & 4 Rock right to right side (3), recover weight onto left (&), cross right over left (4) 12.00

5 & 6 Touch left to left side (5), touch left next to right (&), take big step to left (6) 12.00

7 & 8 Cross right behind left (7), make 1/4 turn right stepping left next to right (&), step forward on right (8) 3.00

**9 – 16 Full turn back to left, left coaster step, kick touch hitch, 2 runs forward, right rock (mambo)**

1 – 2 Make 1/2 turn left stepping forward on left (1), make 1/2 turn left stepping back on right (2) 3.00

3 & 4 Step back on left (3), step right next to left (&), step forward on left (4) 3.00

5 & 6 Kick right foot forward (5), touch right next to left (&), rise onto ball of left whilst hitching right knee (6) 3.00

7 & 8 & Step forward right (7), step forward left (&), rock forward on right (8), recover weight to left (&) 3.00

**17 – 24 Walk back right, left, right sailor step, left cross side behind with 1/8 turn left**

1 – 2 Walk back on right (1), walk back on left (2) - for styling cross each foot slightly behind each other as if on a plank 3.00

3 & 4 Cross right behind left (3), step left to left side (&), step right to right side (4) 3.00

5 & 6 Cross left in front of right (5), make 1/8 turn left stepping slightly back on right (&), step back on left (6) 1.30

7 Make 1/8 turn left stepping slightly back on right (7) 12.00

8 & Rock left to left side (8), recover weight onto right making 1/4 turn 9.00

**25 – 32 Slide back on left, hold, ball, 2 walks forward, step 1/2 pivot, 1/2 pivot with kick.**

1 – 2 Take big step back on left (1), slide right towards left (no weight change) (2) 9.00

& 3 – 4 Step in place with right (&), step forward on left (3), step forward on right (4) 9.00

5 – 6 Step forward on left (5), pivot 1/2 turn right (6) 3.00

7 & 8 Step forward on left (7), pivot 1/2 turn right (&), kick right foot forward (8) 9.00

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