

Sick and Tired

Artist: Anastasia	Choreo: Susan Woods
Album:	PO Box 18, 9856 Esquire Road
Type: Pop/Alternative	Moyie, BC V0B 2A0
Level: Advanced	250-417-7080
	rmclogger9856@gmail.com

Sequence: Intro, A, B, Br1, A, B, Br 2, B*

Wait 16

Intro:	2 Twist the Hooch (1/2 left on each)	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid black;">L Dble Twist</td> <td style="border-bottom: 1px solid black;">Lift</td> <td style="border-bottom: 1px solid black;">S (xif) pause</td> <td style="border-bottom: 1px solid black;">R</td> <td style="border-bottom: 1px solid black;">Pull</td> <td style="border-bottom: 1px solid black;">S</td> <td style="border-bottom: 1px solid black;">S</td> <td style="border-bottom: 1px solid black;">Break</td> <td style="border-bottom: 1px solid black;">Break</td> <td style="border-bottom: 1px solid black;">Break</td> </tr> <tr> <td>R</td> <td></td> <td>S</td> <td>S(fwd)</td> <td>S</td> <td>Dble(xif)</td> <td>Break</td> <td>Break</td> <td>Break</td> <td></td> </tr> <tr> <td>&a 1</td> <td>& 2</td> <td>& 3</td> <td>& 4</td> <td>& 5</td> <td>& 6</td> <td>&a 7</td> <td>&</td> <td>8</td> <td></td> </tr> </table>	L Dble Twist	Lift	S (xif) pause	R	Pull	S	S	Break	Break	Break	R		S	S(fwd)	S	Dble(xif)	Break	Break	Break		&a 1	& 2	& 3	& 4	& 5	& 6	&a 7	&	8							
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Part A:	Gregory Pull	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid black;">L Dbl S</td> <td style="border-bottom: 1px solid black;">Click</td> <td style="border-bottom: 1px solid black;">H Sk</td> <td style="border-bottom: 1px solid black;">Click</td> <td style="border-bottom: 1px solid black;">S</td> <td style="border-bottom: 1px solid black;">Click</td> <td style="border-bottom: 1px solid black;">R</td> <td style="border-bottom: 1px solid black;">R</td> <td style="border-bottom: 1px solid black;">Tch</td> <td style="border-bottom: 1px solid black;">Tch Up</td> </tr> <tr> <td>R</td> <td>H sk</td> <td>Click</td> <td>S</td> <td>Click</td> <td>H Sk</td> <td>Click</td> <td>S</td> <td>S</td> <td>Pullback</td> </tr> <tr> <td>&a 1</td> <td>e</td> <td>& a 2</td> <td>e</td> <td>& a 3</td> <td>e</td> <td>& 4</td> <td>& 5</td> <td>e&a 6</td> <td>&a7 & 8</td> </tr> </table> <p style="text-align: center;">(1/2 left)</p>	L Dbl S	Click	H Sk	Click	S	Click	R	R	Tch	Tch Up	R	H sk	Click	S	Click	H Sk	Click	S	S	Pullback	&a 1	e	& a 2	e	& a 3	e	& 4	& 5	e&a 6	&a7 & 8						
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x2	Gallop Skuff Jog	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid black;">L Dbl B (xib)</td> <td style="border-bottom: 1px solid black;">To Ba</td> <td style="border-bottom: 1px solid black;">To Ba</td> <td style="border-bottom: 1px solid black;">Heel</td> <td style="border-bottom: 1px solid black;">Lift</td> <td style="border-bottom: 1px solid black;">S</td> <td style="border-bottom: 1px solid black;">Sk</td> <td style="border-bottom: 1px solid black;">Up</td> <td style="border-bottom: 1px solid black;">Jog</td> <td style="border-bottom: 1px solid black;">Jog</td> </tr> <tr> <td>R</td> <td>R</td> <td>R</td> <td>Ba</td> <td></td> <td>Sk up</td> <td>S</td> <td></td> <td>Jog</td> <td>Jog</td> </tr> <tr> <td>&a1</td> <td>& a 2</td> <td>& a 3</td> <td>& 4</td> <td>& a 5</td> <td>& a 6</td> <td>&</td> <td></td> <td>7</td> <td>& 8</td> </tr> </table>	L Dbl B (xib)	To Ba	To Ba	Heel	Lift	S	Sk	Up	Jog	Jog	R	R	R	Ba		Sk up	S		Jog	Jog	&a1	& a 2	& a 3	& 4	& a 5	& a 6	&		7	& 8						
L Dbl B (xib)	To Ba	To Ba	Heel	Lift	S	Sk	Up	Jog	Jog																													
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	Split Thing	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid black;">L</td> <td style="border-bottom: 1px solid black;">DT</td> <td style="border-bottom: 1px solid black;">B</td> <td style="border-bottom: 1px solid black;">Hop</td> <td style="border-bottom: 1px solid black;">Ht(ots)</td> <td style="border-bottom: 1px solid black;">Hop</td> <td style="border-bottom: 1px solid black;">Ht (xif)</td> <td style="border-bottom: 1px solid black;">Hop</td> <td style="border-bottom: 1px solid black;">Pause</td> <td style="border-bottom: 1px solid black;">Pause</td> <td style="border-bottom: 1px solid black;">S</td> <td style="border-bottom: 1px solid black;">Tch (xif)</td> </tr> <tr> <td>R</td> <td>Dt</td> <td>Lift</td> <td>B (b)</td> <td>B</td> <td>S (toe in)</td> <td>Pause</td> <td>Toe(pvt ot)</td> <td>H (pvt ot)</td> <td>Toe (pvt ot)</td> <td>Pause</td> <td>DT B(b)</td> </tr> <tr> <td>&a 1a</td> <td>& 2</td> <td>& 3</td> <td>& 4</td> <td>& 5</td> <td>&</td> <td>6</td> <td>& 7</td> <td>e&a 8</td> <td></td> <td></td> <td></td> </tr> </table> <p style="text-align: center;">“split” “split”</p>	L	DT	B	Hop	Ht(ots)	Hop	Ht (xif)	Hop	Pause	Pause	S	Tch (xif)	R	Dt	Lift	B (b)	B	S (toe in)	Pause	Toe(pvt ot)	H (pvt ot)	Toe (pvt ot)	Pause	DT B(b)	&a 1a	& 2	& 3	& 4	& 5	&	6	& 7	e&a 8			
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Part B:	Breezy Twist	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid black;">L DS</td> <td style="border-bottom: 1px solid black;">H S</td> <td style="border-bottom: 1px solid black;">To Ba</td> <td style="border-bottom: 1px solid black;">To Ba</td> <td style="border-bottom: 1px solid black;">Bounce</td> <td style="border-bottom: 1px solid black;">Dt</td> <td style="border-bottom: 1px solid black;">Tch</td> <td style="border-bottom: 1px solid black;">Dt Twist</td> <td style="border-bottom: 1px solid black;">H Lift</td> </tr> <tr> <td>R</td> <td>To Ba</td> <td>R (ots)</td> <td>R (ots)</td> <td>Kick</td> <td>Bounce</td> <td>Hop</td> <td></td> <td></td> </tr> <tr> <td>&a1 e</td> <td>& a 2</td> <td>& a 3</td> <td>& a 4</td> <td>& 5</td> <td>e&a 6</td> <td>& a 7</td> <td>& 8</td> <td></td> </tr> </table>	L DS	H S	To Ba	To Ba	Bounce	Dt	Tch	Dt Twist	H Lift	R	To Ba	R (ots)	R (ots)	Kick	Bounce	Hop			&a1 e	& a 2	& a 3	& a 4	& 5	e&a 6	& a 7	& 8										
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Break 1:	Slow pony left and right	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid black;">L</td> <td style="border-bottom: 1px solid black;">S(ots)</td> <td style="border-bottom: 1px solid black;">S</td> </tr> <tr> <td>R</td> <td>To</td> <td>S(xib)</td> </tr> <tr> <td>&</td> <td>a 1</td> <td>& a 2</td> </tr> </table>	L	S(ots)	S	R	To	S(xib)	&	a 1	& a 2																											
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Part A:

Part B:

Break 2: 2 Twist the Hooch (1/2 Left on each)

x2	┌ Bad Stamp	L	DS	S	S	_____
		R	Sta	R	Sta	R
			&a1 &	2 &	3 &	4
	└ Fancy Double	L	DS	S	S	_____
		R	DS	R	R	
			&a1 &	&a2 &	3 &	4

1 Twist the Hooch (no turn)

Part B*: B 1 1/2 times Turn full on last Turn it Around