

Trouble is a Friend

Level: Intermediate **Genre:** Pop
Artist: Lenka
Choreo: Ros Matheson - Paradise Cloggers Cairns
Speed: Normal **Length:** 3.36
Sequence: Intro A B C Break A B C B D C B End
Wait: 8 beats

Quick Cues

Intro (8 beats)

8 2 Cross Cha Cha

Part A (32 beats)

4 Half Clogvine Walk (L)

4 MJ Slur

4 Back Cha Cha (Rft)

4 Forward Cha Cha

16 REPEAT OPP FOOTWORK & DIR

Part B (32 beats)

8 Rockaway Turkey Double

8 4 Irish Basic (BK Angle R&L)

8 Heather Step

8 Twisty Vine (Rft)

Part C (32 beats)

8 2 Kentucky Loop

4 2 Rocking Basic

4 Rocker (1/2 R)

8 2 Charleston Toe Heel

8 Heel Walk Extra (1/2 L)

Break (8 beats)

8 2 Side Cha Cha

Part A (32 beats)

4 Half Clogvine Walk (L)

4 MJ Slur

4 Back Cha Cha (Rft)

4 Forward Cha Cha

16 REPEAT OPP FOOTWORK & DIR

Part B (32 beats)

8 Rockaway Turkey Double

8 4 Irish Basic (BK Angle R&L)

8 Heather Step

8 Twisty Vine (Rft)

Part C (32 beats)

8 2 Kentucky Loop

4 2 Rocking Basic

4 Rocker (1/2 R)

8 2 Charleston Toe Heel

8 Heel Walk Extra (1/2 L)

Quick Cues

Part B (32 beats)

8 Rockaway Turkey Double

8 4 Irish Basic (BK Angle R&L)

8 Heather Step

8 Twisty Vine (Rft)

Part D (56 beats)

16 4 Slow Samba Stomp (Fwd)

4 Cross Cha

2 Basketball Turn (1/2 L)

2 Basic

16 4 Slow Samba Stomp (Fwd)

4 Forward Cha Cha

4 Back Cha Cha (Rft)

8 2 Lori Basic (1/4 L ea)

Part C (32 beats)

8 2 Kentucky Loop

4 2 Rocking Basic

4 Rocker (1/2 R)

8 2 Charleston Toe Heel

8 Heel Walk Extra (1/2 L)

Part B (32 beats)

8 Rockaway Turkey Double

8 4 Irish Basic (BK Angle R&L)

8 Heather Step

8 Twisty Vine (Rft)

End (29 beats)

8 2 Side Cha Cha

4 Back Cha Cha

2 Basketball Turn (1/2 L)

2 Basic

8 2 Side Cha Cha

2 Basketball Turn (1/2 R)

2 Basic

1 Step (Fwd)



Step Definitions - Trouble is a Friend

CROSS CHA CHA:

(P) S (XIF) (P) S (BK) DS RS
L R L RL
& 1 & 2 &3 &4

HALF CLOGVINE WALK:

DS (OTS) H-S (XIF) DS (OTS) TT-S (XIB)
L R R L R R
&1 & 2 &3 & 4

MJ SLUR:

DS DS (XIB) R S (OTS) SLR-S (XIB)
L R L R L L
&1 &2 & 3 & 4

BACK CHA CHA:

(P) S (BK) (P) S (FWD) DS RS
R L R LR
& 1 & 2 &3 &4

ROCKAWAY TURKEY DOUBLE: (In this dance move FWD on 1 & and 5&)

R (OTS) H-FL (OTS) S (XIB) DS R S-DR H-FL (OTS) S (XIB) DS DS
L R R L R L R R L L R L R
& 1 & 2 &3 & 4 & 5 & 6 &7 &8

IRISH BASIC:

DT-BA (XIB) /LIFT-R (XIF) BA (XIB) /LIFT
L L / R R L / R
& 1 & 2

FORWARD CHA CHA:

(P) S (FWD) (P) S (BK) DS RS
L R L RL
& 1 & 2 &3 &4

HEATHER STEP:

DS BR (XIF) H T-H (XIF) T-H (BK) T-H (BK) R (BK) S DS RS
L R L R R L L R R L R L RL
&1 & 2 & 3 & 4 & 5 & 6 &7 &8

TWISTY VINE:

DS DS (XIF) R (BK) BA (XIF) R (BK) BA (XIF) BA (OTS) BA (XIB) BA (OTS) S (XIF) DS RS
R L R L R L R L R L R LR
&1 &2 & 3 & 4 & 5 & 6 &7 &8

KENTUCKY LOOP:

DS-DR S (XIF) DS-SL/LOOP-S (XIB)
L L R L L / R R
&1 & 2 &3 & 4

ROCKING BASIC:

DS R (XIB) S
L R L
&1 & 2

ROCKER:

RS DS DS RS
LR L R LR
&1 &2 &3 &4

CHARLESTON TOE HEEL:

DS TCH (F) H T-H (BK) T-H
L R L R R L L
&1 & 2 & 3 & 4

HEEL WALK EXTRA:

DS DS H (WGT) H (WGT) RS H (WGT) H (WGT) RS DS DS
L R L R LR L R LR L R
&1 &2 & 3 &4 & 5 &6 &7 &8

SIDE CHA CHA:

(P) S (OTS) (P) S (OTS) DS RS
L R L RL
& 1 & 2 &3 &4

SLOW SAMBA STOMP:

(P) S (XIF) (P) R (OTS) (P) STO (P) (P)
L R L
& 1 & 2 & 3 & 4

BASKETBALL TURN:

(P) S (FWD) PVT (1/2 L) S
R R L
& 1 & 2

BASIC:

DS RS
R LR
&1 &2

LORI BASIC:

DS DT H DS RS
L R L R LR
&1 & 2 &3 &4

STEP:

(P) S
L
& 1

HAND MOVEMENTS:

SLOW SAMBA STOMPS - 1st & 3rd on beat 3 bring fists down beside body at hip level, 2nd & 4th on beat 2 cross hands in front of chest. On beat 3 uncross & out.

IRISH BASIC - Left hand on hip & R arm extended with palm facing forward on 1, alternate for right foot.

ALL CHA CHA STEPS: Move hips left & right (or right & left)

STEP: as you step forward - Jazz hands coming up.