

# Tossin' & Turning

Choreographed By : Francien Sittrop  
Music : Heartache "By" Jason McCoy  
Descriptions : 32 count - 4 wall - Improver line dance  
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Intro: 2 Counts

## 1 – 8 Side, Behind & Cross , ¼ R Fwd, Step Fwd, Pivot ½ R, Shuffle fwd

- 1-2& Step R to R side, Step L behind R, Step R next to L
- 3 – 4 Step L across R, ¼ Turn R step R fwd
- 5 – 6 Step L fwd, Pivot ½ Turn R (09.00)
- 7 & 8 Step L fwd, Step R next to L, Step L fwd

## 9-16 Step Fwd, Hold, Together ,¼ R Cross , Point, Full Turn L, Side Rock Recover

- 1 – 2 Step R fwd, Hold
- &3-4 Step L next to R, ¼ Turn R step R across L, Point L to L side (12.00)
- 5 - 6 ¼ Turn L Step L fwd, ½ Turn L step R back
- 7 – 8 ¼ Turn L rock L to L side, Recover on R (12.00)

## 17-24 Cross, Hold & Cross, ¼ Turn L, ¼ Turn L, Step fwd, Shuffle Fwd

- 1 - 2 Step L across R, Hold
- &3-4 Step R to R side, Step L across R, ¼ Turn L step R back (09.00)
- 5 – 6 ¼ Turn L step L to L side, Step R fwd (06.00)
- 7 & 8 Step L fwd, Step R next to L, Step L fwd

## 25-32 Step fwd. Point, Point R, ¼ Turn R, Walks ¼ Turn R, Shuffle fwd ¼ Turn R

- 1-2& Step R across L, Point L to L side, Step L next to R
- 3 – 4 Point R to R side, make ¼ Turn R put Weight on R (09.00)
- 5 - 6 Walk R with ¼ Turn R with L,R
- 7 & 8 Shuffle ¼ Turn R with L,R, L (03.00)

## Start Again

## Ending:

Last Wall start at the back wall. Dance the first 8 counts then make ¼ Turn L step R to R side To face the front wall .

