



## **TROUBLE IS A FRIEND**

Choreographed by: Cato Larsen, Norway (Dec 09)  
Music: **Trouble Is A Friend** by Lenka (CD: 118bpm)  
Descriptions: 32 count - 4 wall - Intermediate level line dance  
[Intro: Start the dance at vocals after 16 counts. \(12 seconds\).](#)

### **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:**

**Restart from here on wall 9. OMIT count 1. Start from the top! You will be facing 9:00**

### **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: To be danced AFTER wall 3. You will be facing 9:00.**

### **1–8 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).