

The Worst 15 Minutes of My Life

Choreographer: Jo Boocock & Bex Roper

Count: 32

Wall: 4

Level: Beginner

Intro: 32 counts, start on word "Smoking"

Music: "15 Minutes" by Rodney Atkins



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[1-8] Heel Grind, Rock, Recover, Repeat

1,2,3,4 Grind R heel forward, Recover on Left, Rock Back on Right, Recover forward on left

5,6,7,8 Grind R heel forward, Recover on Left, Rock Back on Right, Recover forward on left

[9-16] Step Touch, Step Touch, Vine Right, Touch

1,2,3,4 R step forward on diagonal, L touch beside R, L step forward on diagonal, R touch beside L

5,6,7,8 R step R, L behind R, R step R, L touch beside R

[17-24] Vine Left into ¼ Turn L with Scuff, Rocking Chair

1,2,3,4 L Step L, R Behind L, L step into ¼ Turn L, R scuff beside L

5,6,7,8 R rock forward, recover on L, R rock back, recover on L

[24-32] Jazz Square, Heel Twists, R,C,R,C

1,2,3,4 R cross over L, L step Back, R step R, L Step beside R

5,6,7,8 Twist both heels R, Centre, R, Centre Ending

Repeat

Ending:

On wall 8, after 12 counts: R step to R, L behind R with ¼ L, step R fwd to finish facing 12:00



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