

ADAM ÅSTMAR

Must Be Tired

(February 2018)

admin@adamastmar.se – Swe +46 76-186-32-10



Information: 64 Counts, 2 wall, Intermediate.
Choreographer: Adam Åstmar (SE).
Music: "I'm Gonna Be (500 Miles) – Claim Cracker Remix" by David Togni, Claim Cracker (3:47) ~ 125 bpm.
Intro: 80 Counts, starting on the word 'Wake' (approx. 39 seconds). Feel free to clap your hands to the beat! :)

Section	Steps & Explanations
1	R Cross. Walk Back L, R. L Coaster Step. R Step /w L Flick. Step L Back /w R Sweep. Left Weave.
1 – 2	(1) Cross RF over LF. (2) Step back on LF.
3 – 4 &	(3) Step back on RF. (4) Step back on LF. (&) Close RF next to LF.
5 – 6	(5) Step forward on LF. (6) Step forward on RF and flick LF behind RF.
7 – 8 & 1	(7) Step back on LF and sweep RF from front to back. (8) Step RF behind LF. (&) Step to the left side on LF. (1) Cross RF over LF.
2	L Side. R Behind. L Chasse 1 / 4. R Step. 1 / 4 Pivot Left. R Cross Samba 1 / 8 Right.
2 – 3	(2) Step to the left side on LF. (3) Step RF behind LF.
4 & 5	(4) Step to the left side on LF. (&) Close RF next to LF. (5) Turn 1 / 4 to the left by stepping forward on LF. {9:00}
6 – 7	(6) Step forward on RF. (7) Turn 1 / 4 to the left placing weight on LF. {6:00}
8 & 1	(8) Cross RF over LF. (&) Step to the left side on LF. (1) Turn 1 / 8 to the right by stepping slightly forward on RF. {7:30}
3	Walk Forward L, R. L Shuffle Forward. R Rock Forward. Left Weave & Square Up.
2 – 3	(2) Step forward on LF. (3) Step forward on RF.
4 & 5	(4) Step forward on LF. (&) Close RF next to LF. (5) Step forward on LF.
6 – 7	(6) Rock forward on RF. (7) Recover on LF.
8 & 1	(8) Step RF behind LF. (&) Turn 1 / 8 to the left and step to the left side on LF. (1) Cross RF over LF. {6:00}
4	L Side Rock. R Recover. L Sailor 1 / 2. Walk 1 / 2 Turn R, L, R.
2 – 3	(2) Rock to the left on LF. (3) Recover on RF.
4 & 5	(4) Step LF behind RF. (&) Turn 1 / 2 to the left by stepping RF next to LF. (5) Step forward on LF. {12:00}
Restart	- Restart with tag comes here, see note below! -
6 – 7 – 8	(6) Walk 1 / 2 to the left by stepping forward on RF, LF, RF. {6:00}
5	X2 (Diagonal Hop. Hold & Clap. Hop Back In Position. Hold & Clap.) Diagonal Hops Goes Left & Right
& 1 – 2	(&) Hop Slightly forward to the left diagonal on LF. (1) Finish hop to the diagonal by stepping slightly to the right on RF. (2) Hold & clap. {4:30}
& 3 – 4	(&) Hop back to original position on LF. (3) Finish hop by closing RF next to LF. (4) Hold & clap. {6:00}
& 5 – 6	(&) Hop Slightly forward to the right diagonal on LF. (5) Finish hop to the diagonal by stepping slightly to the right on RF. (6) Hold & clap. {7:30}
& 7 – 8	(&) Hop back to original position on LF. (7) Finish hop by closing RF next to LF. (8) Hold & clap. {6:00}
6	X4 (L Chug 1 / 8 to the right). L Jazz Box /w Cross.
1 – 4	(1 – 4) Turn 1 / 8 to the right by pushing to the left on LF. Do this 4 times. {12:00}
5 – 6	(5) Cross LF over RF. (6) Step back on RF.
7 – 8	(7) Step slightly to the left side on LF. (8) Cross RF over LF.

7	X2 (Diagonal Hop. Hold & Clap. Hop Back In Position. Hold & Clap.) Diagonal Hops Goes Left & Right
& 1 – 2	(&) Hop Slightly forward to the left diagonal on LF. (1) Finish hop to the diagonal by stepping slightly to the right on RF. (2) Hold & clap. {10:30}
& 3 – 4	(&) Hop back to original position on LF. (3) Finish hop by closing RF next to LF. (4) Hold & clap. {12:00}
& 5 – 6	(&) Hop Slightly forward to the right diagonal on LF. (5) Finish hop to the diagonal by stepping slightly to the right on RF. (6) Hold & clap. {1:30}
& 7 – 8	(&) Hop back to original position on LF. (7) Finish hop by closing RF next to LF. (8) Hold & clap. {12:00}
8	X4 (L Chug 1 / 8 to the right). L Jazz Box /w Cross. L Ball Step.
1 – 4	(1 – 4) Turn 1 / 8 to the right by pushing to the left on LF. Do this 4 times. {6:00}
5 – 6	(5) Cross LF over RF. (6) Step back on RF.
7 – 8 &	(7) Step slightly to the left side on LF. (8) Cross RF over LF. (&) Step slightly to the left side on ball of LF.
Note	Tag with restart comes in section 4, wall 3 after counts 4 & 5. R Cross. L Side. Left Weave
6 – 7	(6) Cross RF over LF. (7) Step to the left side on LF.
8 & 1	(8) Step RF behind LF. (&) Step to the left side on LF. (1) Cross RF over LF, restarting the dance.

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.