



## Trouble is a friend

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MUSIC: Dance: Trouble is a friend Album: Lenka, Track 8 Artist: Lenka  
FOOTWORK: Opposite unless noted Time : 3:35 (slow for more comfort (5%))  
RHYTHM: Cha / Rumba Ph IV (ECTA STEP Level B)  
SEQUENCE: Intro – A – B – Bridge – A – C – Interlude – C – Ending

### Intro: (OP fc LOD – Cha)

#### wait ;; circle cha ;; (Bfly)

1 – 2 In open facing position wait ; wait ;  
3 – 4 fwd trn L, fwd trn R, fwd L / cl R, fwd L (RLOD) ; fwd trn R, fwd trn L, fwd R / cl L, fwd R (BFLY) ;

### Part A: (Cha)

#### sand step twice ;; travelling door ; cucaracha R ;

1 – 2 toe L, heel L, xLif / sd R, xLif ; toe R, heel R, xRif / sd L, xRif ;  
3 – 4 rk sd L, rec R, xLif / sd R, xLif ; sd R, rec L, cl R / stp L, stp R ;

#### back break to triple cha fwd (LOD) ;; new yorker (to fc) ; ½ basic ;

1 – 2 bhd L, rec R, fwd L / cl R, fwd L ; fwd R / cl L, fwd R, fwd L / cl R, fwd L ; to LOD  
3 – 4 thru R, rec L to fc, sd R / cl L, sd R ; fwd L, rec R, sd L / cl R, sd L ;

#### back break to triple cha fwd (RLOD) ;; circle cha ;; (Bfly)

1 – 2 bhd R, rec L, fwd L / cl L, fwd R ; fwd L / cl R, fwd L, fwd R / cl L, fwd R ; to RLOD  
3 – 4 fwd trn L, fwd trn R, fwd L / cl R, fwd L (LOD) ; fwd trn R, fwd trn L, fwd R / cl L, fwd R (BFLY) ;

#### sand step twice ;; travelling door twice ;;

1 – 2 toe L, heel L, xLif / sd R, xLif ; toe R, heel R, xRif / sd L, xRif ;  
3 – 4 rk sd L, rec R, xLif / sd R, xLif ; rk sd R, rec L, xRif / sd L, xRif ;

### Part B: (Cha)

#### ½ basic ; fan ; alemana from fan ;;

1 – 2 fwd L, rec R, sd L / cl R, sd L ; bk R, rec L, sd R / cl L, sd R (fwd L, sd & bk trn R to RLOD, bk L / lk R, bk L) ;  
3 – 4 fwd L, rec R, sd L / cl R, sd L ; bk R, rec L, sd R / cl L, sd R (cl R, fwd L, fwd R / fwd L, fwd trn R to fc prtn ;  
fwd trn L, fwd trn R, sd L / cl R, sd L W trn under joint lead hands) ;

#### ½ basic ; whip ; new yorker ; whip ;

1 – 2 fwd L, rec R, sd L / cl R, sd L ; Bk R trng LF keep both hnds jnd in frnt ldg W acr, rec L, sd R to BFLY COH (W  
fwd L, fwd fwd R trng LF, sd L) / cl L, sd R ;  
3 – 4 thru L, rec R to fc, sd L / cl R, sd L ; Bk R trng LF keep both hnds jnd in frnt ldg W acr, rec L, sd R to BFLY COH  
(W fwd L, fwd fwd R trng LF, sd L) / cl L, sd R ;

### Bridge: (Cha)

#### time step twice ;;

1 – 2 xLib, rec R, sd L / cl R, sd L ; xRib, rec L, sd R / cl L, sd R ;

## Part C: (Cha)

### **½ basic ; fan ; alemana from fan ; ;**

1 – 2 fwd L, rec R, sd L / cl R, sd L ; bk R, rec L, sd R / cl L, sd R (fwd L, sd & bk trn R to RLOD, bk L / lk R, bk L) ;  
3 – 4 fwd L, rec R, sd L / cl R, sd L ; bk R, rec L, sd R / cl L, sd R (cl R, fwd L, fwd R / fwd L, fwd trn R to fc prtn ;  
fwd trn L, fwd trn R, sd L / cl R, sd L W trn under joint lead hands) ;

### **½ basic ; whip ; fence line twice ; ;**

1 – 2 fwd L, rec R, sd L / cl R, sd L ; Bk R trng LF keep both hnds jnd in frnt ldg W acr, rec L, sd R to BFLY COH (W  
fwd L, fwd fwd R trng LF, sd L) / cl L, sd R ;  
3 – 4 xlun L, rec R, sd L / cl R, sd L ; xlun R, rec L, sd R / cl L, sd R ;

### **spot turn twice ; ; chase ; ; ;**

1 – 2 xLif trn, rec trn R, sd L / cl R, sd L ; xRif trn, rec trn L, sd R / cl L, sd R ;  
3 – 6 fwd L trng RF fc COH, rec R, fwd L / cl R, fwd trn L (W bk R, rec L, cl R) ; fwd R trng LF fc WALL, rec L, fwd  
R / cl L, fwd R (W fwd trn L fc WALL, rec R, fwd L / cl R, fwd L) ; fwd L, rec R, sd L / cl R, sd L (fwd trn R to  
COH, rec L, fwd R / cl L, fwd R) ; bk R, rec L, fwd R / cl L, fwd R (fwd L, rec R, bk L / cl R, bk L) ;

### **new yorker ; whip ;**

7 – 8 thru L, rec R to fc, sd L / cl R, sd L ; Bk R trng LF keep both hnds jnd in frnt ldg W acr, rec L, sd R to BFLY COH  
(W fwd L, fwd fwd R trng LF, sd L) / cl L, sd R ;

## Interlude: (Rumba – Cha – Rumba)

### **(Rumba) time step 4x ; ; ;**

1 – 4 xLib, rec R, sd L, - ; xRib, rec L, sd R, - ; xLib, rec R, sd L, - ; xRib, rec L, sd R, - ;

### **(Cha) basic ; ;**

5 – 6 fwd L, rec R, sd L / cl R, sd L ; bk R, rec L, sd R / cl L, sd R

### **(Rumba) chase double peek-a-boo ; ; ; ; ; ;**

7 – 14 fwd trn, rec, fwd, - ; sd, rec, cl, - ; sd, rec, cl, - ; fwd trn, rec, fwd, - ; sd, rec, cl, - ; sd, rec, cl, - ;  
fwd, rec, bk, - ; bk, rec, fwd, - ;

## Ending: (Cha)

### **sand step twice ; ; travelling door twice ; ;**

1 – 2 toe L, heel L, xLif / sd R, xLif ; toe R, heel R, xRif / sd L, xRif ;

3 – 4 rk sd L, rec R, xlif / sd R, xLif ; rk sd R, rec L, xRif / sd L, xRif ;

### **½ basic ; new yorker in 4 ; spot turn ; back break to open & pt (LOD) ;**

5 – 6 fwd L, rec R, sd L / cl R, sd L ; thru R, rec L to fc, sd R sd L ;

7 – 8 xLif trn, rec trn R, sd L / cl R, sd L ; bhd R, pt to LOD, -, - ;