

Reckless and Senseless

Counts: 32 **Walls:** 4 **Level:** High Improver
Choreographer: Tom I. Soenju (NOR), June 2016
Music: "Reckless" by Martina McBride. **Track:** Reckless, 3:34, ~103 bpm
Availability: Available on iTunes, Google Play and Amazon.



DANCE CHOREOGRAPHIES

Note: No notes!
Intro: 8 counts. Starting 4 counts before first vocals.
Sequence: Repeating sequence.
Tag/Restart: 1 tag (8 counts) appears after the 3rd wall (9:00). No restarts.
End: Dance as normal till the music ends.

Section 1: **L FW Rock, Recover, L Sailor 3/8 Step, R FW Shuffle, 1/8 R Turn-L Step, 1/2 R Turn-R Step**

1 Step (rock) left foot forward
 2 Recover weight onto right foot
 3 & Step left foot behind right foot while turning 3/8 to your left (7:30) and step right foot to right side
 4 Step left foot to left side
 5 & Step right foot forward and step left foot next to right foot
 6 Step right foot forward
 7 One-eight turn to your right (9:00) and step left foot to left side
 8 Half turn to your right (3:00) and step right foot forward

Section 2: **1/2 R Turn B Shuffle, R Coaster Step, 1/2 R Turn Touch-Bump-Step x2**

1 & Half turn to your right (9:00) stepping left foot back and step right foot in front of left foot
 2 Step left foot back
 3 & Step right foot back and step left foot next to right foot
 4 Step right foot forward
 5 & Quarter turn to your right (12:00) touching left foot to left side and bumping left hip upwards then back
 6 Quarter turn to your right (3:00) stepping left foot back
 7 & Quarter turn to your right (6:00) touching right foot to right side and bumping right hip upwards then back
 8 Quarter turn to your right (9:00) stepping right foot forward

Section 3: **L FW Step- 1/4 R Turn, 1/2 L Turn Chassé, 1/2 R Turn Chassé, L Jazz Box**

1 Step left foot forward
 2 Quarter turn to your right (12:00, weight on right foot)
 3 & Half turn to your right (6:00) stepping left foot to left side and step right foot next to left foot
 4 Step left foot to left side
 5 & Half turn to your right (12:00) stepping right foot to right side and step left foot next to right foot
 6 Step right foot to right side
 7 Cross left foot over right foot
 8 Step right foot back

Alternative: For those who easily get dizzy and find it to be to many turns, can in counts 3&4 do a L cross shuffle facing 12:00 instead.

Section 4: **L Side Step, R Cross Shuffle, L Side Rock, Recover, 3/4 L Turn-FW Shuffle, FW R Step**

1 Step left foot to left side
 2 & Cross right foot over left foot and step ball of left foot behind right foot
 3 Cross right foot over left foot
 4 Step (rock) left foot to left side
 5 Recover weight onto right foot
 6 & Three-quarter turn to your left (3:00) stepping left foot forward and stepping ball of right foot behind left foot
 7 Step left foot forward
 8 Step right foot forward

TAG **8 counts.**

Section 1: **L FW Rock, Recover, L Coaster Step, R FW Rock, Recover, R Coaster Step**

1 Step (rock) left foot forward
 2 Recover weight onto right foot
 3 & Step left foot back and step right foot next to left foot
 4 Step left foot forward
 5 Step (rock) right foot forward
 6 Recover weight onto left foot
 7 & Step right foot back and step left foot next to right foot
 8 Step right foot forward

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:
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