

Sick Sick Sick

Count: 32

Wall: 4

Level: Beginner

Choreographer: Cheongsim Park (KOR) - September 2026

Music: SICK - @중년애창곡



Restarts:

- Wall 2 after Section 2 (16 counts) – facing 9:00
- Wall 5 after Section 3 (24 counts) – facing 9:00

SEC 1: RUMBA BOX VARIATION (SIDE, TOGETHER, FORWARD SHUFFLE X2)

- 1 - 2 Step RF to R side (1), Step LF next to RF (2)
3 & 4 Step RF forward (3), Step LF next to RF (&), Step RF forward (4)
5 - 6 Step LF to L side (5), Step RF next to LF (6)
7 & 8 Step LF forward (7), Step RF next to LF (&), Step LF forward (8)

SEC 2: FORWARD ROCK, RECOVER, BACK PONY X2, BACK ROCK, RECOVER

- 1 - 2 Rock RF forward (1), Recover back onto LF (2)
3 & 4 Step RF back popping L knee (3), Step LF in place (&), Step RF back popping L knee (4)
5 & 6 Step LF back popping R knee (5), Step RF in place (&), Step LF back popping R knee (6)
7 - 8 Rock RF back (7), Recover forward onto LF (8)

(※ Restart here on Wall 2 - facing 9:00)

SEC 3: VINE 1/2 TURN RIGHT WITH HITCH, VINE LEFT, TOUCH

- 1 - 2 Step RF to R side (1), Cross LF behind RF (2)
3 - 4 Turn 1/4 R stepping RF forward (3), Turn 1/4 R hitching L knee (4)
5 - 6 Step LF to L side (5), Cross RF behind LF (6)
7 - 8 Step LF to L side (7), Touch RF next to LF (8)

(※ Restart here on Wall 5 - facing 9:00)

SEC 4: ROCKING CHAIR, JAZZ BOX 1/4 TURN RIGHT

- 1 - 2 Rock RF forward (1), Recover back onto LF (2)
3 - 4 Rock RF back (3), Recover forward onto LF (4)
5 - 6 Cross RF over LF (5), Step LF back (6)
7 - 8 Turn 1/4 R stepping RF to R side (7), Cross LF over RF (8)

REPEAT