

Do Me No Wrong

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jill Babinec (USA) & Debi Pancoast (USA) - March 2015
音乐: Don't Do Me No Wrong - Imelda May : (Album: No Turning Back)



East Coast Swing Based Line Dance (with User Friendly Options) UFO□

Intro 16 counts to start with lyrics

[1-8]□Reverse Pivot, Triple Back, Reverse Pivot, Triple Back

1-2 Step back R while starting rotation to right, turn ½ right changing weight to L to face 6:00

(UFO: Rock back R, Recover forward L)

3&4 Triple step back R, L, R

5-6 Step back L while starting rotation to left, turn ½ left changing weight to R to face 12:00

(UFO: Rock Forward L, Recover back R)

7&8 Triple step back L, R, L

[9-16]□Rock Recover, Sugar Foot R, Sugar Foot L

1-2 Rock back R, Recover forward L

3 Swivel on ball of L twisting lower body towards left corner as you touch R toe next to L instep

(UFO: Touch R toe next to L instep)

4 Swivel on ball of L twisting lower body towards right corner as you touch R heel forward

(UFO: Touch R heel forward)

5 Swivel on ball of L twisting lower body towards left as you step R across L

(UFO: Step R across L)

6 Swivel on ball of R twisting lower body towards right corner as you touch L toe next to R instep

(UFO: Touch L toe next to R instep)

7 Swivel on ball of R twisting lower body towards left corner as you touch L heel forward

(UFO: Touch L heel forward)

8 Swivel on ball of R twisting lower body towards right as you step L across R

(UFO: Step L across R)

*Restarts happen here on 6th time and 10th time

[17-24]□Double Kick, Behind, Rock, Recover, Behind, ¼, Forward

1,2 Two low kicks on right diagonal with R foot (kick "from the knee" and toes are pointed)

(UFO: Rock side R, Recover side L)

3,4 Step R behind L, Rock side L

5,6 Recover weight side R, Step L behind R

7,8 Turn ¼ right stepping forward R to face 3:00, Step forward L

[&25-32]□Ball Step, Hold (3 cts), Boogie Walk, Rock, Recover

&1 Small step forward on ball of R, Step L forward with intent

(This is a "hit" in the music on some walls so a slight lunge to a good "freeze" position feels good on these walls)

2,3,4 On the "freeze" walls, just hold your position... On the other walls where the music continues, you can do what you like to keep some movement going, or swing your hips or move your shoulders L, R, L so weight ends on L.

5,6 Walk forward R swinging hips and knees to right, Walk forward L swinging hips and knees left

(UFO: Walk forward R, L)

7,8 Rock forward R, Recover back on L

*Restarts: There are 2 instrumental sections in this track and each has a Restart.

The first Restart occurs during the 6th wall facing 3:00 and
The second Restart occurs during the 10th wall facing 12:00.
You will dance the first 16 counts to finish your Sugar Foot, and Restart at the top of the dance with the reverse pivot.

This step sheet may be freely copied intact, however, modifications to this step sheet may not be made without the permission of the choreographers. – [01-31-2015]

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