

Don't

拍数: 64 墙数: 0 级数: Phrased Intermediate
编舞者: Nicky Tan (MY) - March 2015
音乐: Don't - Ed Sheeran



SEQUENCE OF DANCE : A A B B

Intro starts after 4 counts, after lyrics "ahhhhhmmmm"

INTRO (2x8)

1&2 Touch RF beside LF, Scuff R heel, Stomp RF in place
3&4 Touch LF beside RF, Scuff L heel, Stomp LF in place
5&6 Repeat 1&2
7&8 Repeat 3&4

Do two sets

PART A (4X8)

SECTION A1 : TOUCH, SCUFF, STOMP, STEP, HEEL SWIVEL, 1/2R BOUNCE, BEHIND SIDE CROSS

1&2 Touch RF beside LF, Scuff R heel forward, Stomp RF in place
&3& Step LF forward, Swivel both heels to L then back to middle
4& Swivel both heels to L then back to middle
5&6 Bounce both heels three times making a ½ R turn (6:00)
7&8 Cross RF behind LF, Step LF to side, Cross RF over LF

SECTION A2 : HIP BUMP, BEHIND, SIDE, CROSS, ¼ L STAR STEPS X2, HEEL JACK

1&2& Touch LF to side & push hip out to L side twice
3&4 Cross LF behind RF, Step RF to side, Cross LF over RF
5 Turn ¼ L with weight on LF & Touch RF to side, (3:00)
6 Repeat Step 5 (12:00)
7& Cross RF over LF, Step LF beside RF
8& Touch R heel forward, Step RF beside LF

SECTION A3 : STEP FORWARD, PIVOT 1/4R, PIVOT 1/4L, COASTER STEP, SYCOPATED V-STEP, STEP, HEEL LIFT

1,2 Step LF forward, Turn ¼ R (3:00)
3 Turn ¼ L with weight on RF (12:00)
4& Step LF back, Step RF together
5& Step LF diagonally forward, Step RF to side
6& Step LF back, Step RF together
7&8 Step LF forward (7), Lift both heels with knees bent (&), Both heels on ground (8)

SECTION A4 : DIAGONAL SHUFFLE TO L THEN R, FORWARD ROCK RECOVER, SIDE ROCK RECOVER, ¼ L SAILOR TURN

1&2 Step LF diagonally forward to L, Lock RF behind LF, Step LF diagonally forward
3&4 Step RF diagonally forward to R, Lock LF behind RF, Step RF diagonally forward
5& Rock LF forward, Recover on RF
6& Rock LF to side, Recover on RF
7&8 Turn ¼ L & Step LF back, Step RF together, Step LF forward (9:00)

PART B (4X8)

SECTION B1 : STEP FLICK R, L, R, L

1,2 Step RF beside LF & slightly bend both knees, Flick RF back
3,4 Step RF beside LF & slightly bend both knees, Flick LF back
5,6 Repeat Steps 1,2

7,8 Repeat Steps 3,4 (6:00)

SECTION B2 : L STEP FORWARD, TOUCH, ½ R, ½ R, SIDE, BODY ROLL, ¼ L STEP TOGETHER

1,2 Big Step LF forward, Touch RF beside LF
3& Turn ½ R & Step RF forward, Turn ½ R & Step LF back (6:00)
4 Step RF to side
5,6 Body roll to right then left
7,8 Body roll to right, Turn ¼ L & step LF beside RF(3:00)

SECTION B3 : BODY MOVEMENT, L KICK, ¼ R BALL, R STEP, L CROSS TOUCH, KICK, STEP, R KICK, STEP FORWARD

1,2 With both feet in place, stretch body backward & straight again
3& Kick LF forward, Turn ¼ R & Ball Step LF beside RF, (6:00)
4 Touch RF beside LF
5,6 Touch RF across LF, Kick RF diagonally to R,
7,8 Step RF beside LF & Kick LF diagonally to L, Step LF forward

SECTION B4 : R PRESS, TOGETHER, L PRESS, TOGETHER, R FLICK OUT IN, TOES OUT IN, HOLD, ¼ L HITCH

1,2 Press RF forward, Step RF beside LF
3,4 Press LF forward, Step LF beside RF
5& Flick RF out to right then flick behind L knee
6 Step RF to side
7& Bend knees & push both knees and toes out to side, Touch both knees (toes in)
8& Straighten legs, Turn ¼ L on LF & hitch R knee (3:00)

Last Update - 10th Sept 2015
