

Don't Be

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Vikki Morris (UK) - September 2015
音乐: Don't Be So Hard On Yourself - Jess Glynne : (3:31)



Start: 32 counts on the word "go" 17 seconds

S1: Out Right, Out Left, Back Right, Step Left & Cross Bounce x3, Hitch Right

- 1 2 Step forward and out Right, Step forward and out Left
- 3 4 Step back Right, Step Left next to Right
- &5 Step slightly back Right, Cross Left over Right
- 6 7 Bounce both heels twice as you turn ½ turn Right over two counts (6 o'clock)
- 8 Bounce Left heel as you hitch Right to Right diagonal at same time

S2: Right Behind Left Side, Right Cross Shuffle, Step Left Touch Right, Lunge Right ¼ Turn Right, Step Left

- 1 2 Step Right behind Left, Step Left to Left side
- 3&4 Cross Right over Left, Step Left to Left side, Cross Right over Left
- 5 6 Step Left to Left side, Touch Right
- 7 8 Turn ¼ turn Right taking large step forward Right dragging Left up to Right, Step Left next to Right (9 o'clock)

S3: Kick Right & Point Left & Point Right, ¼ Turn Right Sweep Left, Cross Left, Right Side, Left Behind Right Side, Left Forward

- 1&2& Kick Right forward, Step Right next to Left, Point Left to Left side, Step Left next to Right
- 3&4 Point Right to Right side, Turn ¼ turn Right, Sweep Left Out and around (12 o'clock)
- 5 6 Cross Left over Right, Step Right to Right Side
- 7&8 Cross Left behind Right, Step Right to Right side, Step forward Left

S4: Right Rock Recover Left, Reverse Full Turn Right, Shuffle ½ Turn Right, Step Forward Left, HOLD

- 1 2 Rock forward Right, Recover on Left
- 3 4 Turn ½ turn Right stepping forward Right, Turn ½ turn Right stepping back Left
- 5&6 Turn ¼ turn Right stepping Right to Right side, Step Left next to Right, Turn ¼ turn Right stepping forward Right (6 o'clock)
- 7 8 Step forward Left, HOLD

RESTART HERE WALL 1

S5: Right Ball Step, Right Rock Recover Left, ¼ Turn Right, Cross Left, Right Side, Left Behind & Cross Left

- & 1 Step Right next to Left, Step Left forward
- 2 3 Rock forward Right, Recover on Left
- 4 Turn ¼ turn Right (9 o'clock)
- 5 6 Cross Left over Right, Step Right to Right side
- 7&8 Cross Left Behind Right, Step Right to Right side, Cross Left over Right

S6: Right Side Rock Recover Left, ½ Turn Right Sailor, Walk Left 1/8 Turn Right, Walk Right 1/8 Turn Right, Shuffle ¼ Right

- 1 2 Rock Right to Right side, Recover on Left
- 3&4 Cross Right behind Left, Turn ½ turn Right stepping Left to Left Side, Step Right to Right side (3 o'clock)
- 5 6 Walk Left 1/8 turn Right, Walk Right 1/8 turn Right (6 o'clock)
- 7&8 Step forward Left 1/8 turn Right, Step Right next to Left, Step forward Left 1/8 turn Right (9 o'clock)

S7: Right Side, Left Side, Back Right, Left Sailor, Right Sailor, Touch ½ Turn Left

- &1 2 Step Right to Right side, Step Left to Left side, Step back Right
- 3&4 Cross Left behind Right, Step Right to Right side, Step Left to Left Side (travelling backwards)
- 5&6 Cross Right behind Left, Step Left to Left side, Step Right to Right side (travelling backwards)
- 7 8 Touch Left toe back, Turn ½ turn Left □□□□□□(3 o clock)

S8: Right Rock Recover Left & Left Rock Recover Right & Step ½ Pivot Left, Step ¼ Pivot Left

- 1 2& Rock Right forward, Recover on Left, Step Right next to Left
- 3&4& Rock Left forward, Recover on Right, Step Left next to Right
- 5 6 Step forward Right, Pivot ½ turn Left □□□□□□(9 o clock)
- 7 8 Step forward Right, Pivot ¼ turn Left □□□□□□(6 o clock)

Start again & Smile

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