

Don't Make Me

拍数: 36 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK) - September 2015
音乐: Don't Make Me Over - Dionne Warwick : (Single)



Choreographers note:- An ideal dance for those starting in the Intermediate level who have yet to savour the '&a' technique.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts ON count 19 of the intro (1 count prior to the vocals).

S1: 2x Diag Fwd. Fwd Shuffle-Hold. 1/4 Side. 3/4 Fwd. Fwd Shuffle-Hold (12:00)

1 – 2 with a heavy sway (hip push) – Step right diagonally forward right. Repeat with left.
3&a4 Step forward onto right, close left next to right, step slightly forward onto right – hold.
5 – 6 Turn ¼ right (3) & step left to left side. Turn ¾ right (12) & step forward onto right.
7&a8 Step forward onto left, close right next to left, step slightly forward onto left – hold.

S2: 1/4 Side. 1/4 Back Rock. Recover-Together-Fwd-Hold. 1/4 Side. 3/4 Fwd. Fwd Shuffle-Hold (6:00)

9 – 10 Turn ¼ left (9) & step right to right side. Turn ¼ left (6) & rock left across back of right
11&a12 Recover onto right, close left next to right, (turning to face 6) step forward onto right – hold.
13 – 14 Turn ¼ right (9) & step left to left side. Turn ¾ right (6) & step forward onto right.
15&a16 Step forward onto left, close right next to left, step slightly forward onto left – hold.

RESTART □ SHORT WALL 3: add the 2 count BRIDGE here – then restart on (new) WALL 4 (facing 12/home)

(BRIDGE: 1-Sway forward onto right. 2-Recover onto left)

S3: Side. 1/2 Sway. Chasse-Hold. Cross Rock. Recover. 1/4 Sweep-Fwd-Hold (9:00)

17 – 18 Step right to right side. Turn ½ (12) left and sway left to left side.
19&a20 Step right to right side, close left next to right, step right to right side – hold.
21 – 22 Cross rock left over right. Recover onto right.
23&a24 (23&) turning ¼ left (9) – Sweep left from front to back, step down onto left. (a24) Step slightly forward onto right – hold.

S4: Cross Rock. Recover. 1/4 Sweep-Fwd-Hold. Walk:L-R. 1/4 Side-1/4 Together-Back Touch-Hold (12:00)

25 – 26 Cross rock left over right. Recover onto right.
27&a28 (27&) turning ¼ left (6) – Sweep left from front to back, step down onto left. (a28) Step slightly forward onto right – hold.
29 – 30 Walk forward: Left. Right
31&a32 Turn ¼ right (9) & step left to left side, turn ¼ right (12) & step right next to left, touch left toe backward-hold

S5: Step Fwd. 1/4 Side. 1/2 Side-Cross-Side-Back Cross Touch (3:00)

33 – 34 Step forward onto left. Turn ¼ left (9) & step right to right side.
35&a36 Turn ½ left (3) & step left to left side, cross right over left, step left to left side - touching right toe across back of left (leaning upper body slightly to left)

Dance Finish: The dance will end on Count 12 of the 6th wall (facing 12) – just pose for last 2 counts.