

Don't Let 'Em

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: John Bishop (AUS) - November 2015
音乐: Don't Ever Let Nobody Drag Your Spirit Down - Maria Muldaur : (Album: Steady Love)



Intro: 32 counts (start on vocals)

[1 – 8] □ OUT-OUT (FWD), CLAP, IN-IN (BACK), CLAP; HEEL JACK, SHUFFLE FWD □

& 1 2 Step R fwd 45°R (&), step L fwd 45°L (1), clap hands (2) □ 12:00
& 3 4 Step R back 45°L (&), step L back 45°R (3), clap hands (4)
& 5 & 6 Step R back (&), tap L heel fwd (5), step L tog (&), step R fwd (6)
7 & 8 Step L fwd (7), step R tog (&), step L fwd (8) □ 12:00

[9 – 16] □ PIVOT TURN, TRIPLE STEP 3/4 LEFT, SIDE, DRAG, SIDE, DRAG □

1 2 Step R fwd (1), pivot 180°L onto L (2) □ 6:00
3 & 4 Triple step R (3), L (&), R (4) turning 270°L □ 9:00
5 6 ### Step L to left (5), drag R up to L changing weight to R (6)
7 8 Step L to left (7), drag R up to L keeping weight on L (8) □ 9:00

[17 – 24] □ &, CROSS, SIDE, BEHIND-SIDE-CROSS, HEEL SWITCHES, TOE, UNWIND □

& 1 2 Step R slightly back (&), cross L over R (1), step R to right (2) □ 9:00
3 & 4 Cross L behind R (3), step R to right (&), cross L over R (4)
& 5 Step R slightly back (&), tap L heel fwd (5)
& 6 Step L next to R (&), tap R heel fwd (6)
& 7 8 Step R next to L (&), touch L toe back (7), unwind 180°L onto L (8) □ 3:00

[25 – 32] □ 2 x DOROTHY, FORWARD ROCK, RECOVER, 1/4 RIGHT SIDE SHUFFLE □

1 2 & Step R fwd 45°R (1), lock/step L behind R (2), step onto R (&) □ 3:00
3 4 & Step L fwd 45°L (3), lock/step R behind L (4), step onto L (&)
5 6 & Rock/step R fwd (5), recover weight back onto L (6), turn 90°R on L (&) □ 6:00
7&8 Step R to right (7), step L tog (&), step R to right (8) □ 6:00

[33 – 40] □ CROSS, CROSS, 1/4, WALK, WALK; FWD ROCK, LOCK SHUFFLE BACK □

1 2 & Step L fwd slightly xing R (1), step R fwd slightly xing L (2), turn 90°R on R (&) □ 9:00
3 4 5 6 Step L fwd (3), step R fwd (4), rock/step L fwd (5), recover back onto R (6)
7 & 8 Step L back (7), cross/lock step R back over L (&), step L back (8) □ 9:00

[41 – 48] □ TURN BACK HALF, QUARTER, CROSS BEHIND, POINT (TOUCH) (CROSS) BALL STEP, 3 x QUICK PADDLES 1/4 LEFT ON EACH □

1 Step R back turning 180°R □ 3:00
2 3 4 Turn 90°R stepping L to side (2), cross R behind L (3), point L toe to side (4) □ 6:00
5 Cross/step ball of L over in front of R
&6 Rock sideways (push) onto R, pivot 90°L onto L □ 3:00
&7 Rock sideways (push) onto R, pivot 90°L onto L □ 12:00
&8 Rock sideways (push) onto R, pivot 90°L onto L □ 9:00

SUGGESTED FINISH: Last wall starts at 3:00. Finish the dance facing the front doing the STEP, DRAGS (counts 13 – 16) raising hands up from sides and shimmying them

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