

Don't Start Now

拍数: 32 墙数: 4 级数: Improver
编舞者: Niels Poulsen (DK) - December 2019
音乐: Don't Start Now - Dua Lipa : (iTunes)



Intro: 16 counts (app. 10 secs. into track). Start with weight on L foot

****2 easy restarts:**

(1st) - On wall 2 (starts facing 9:00), after 16 counts, still facing 9:00

(2nd) - On wall 6 (starts facing 12:00), after 16 counts, still facing 12:00

Ending: Wall 11 is your last wall, starts facing 9:00.

Do up to count 29, facing 9:00 again. Then turn ¼ L stepping L fwd, step R fwd, and lastly turn ¼ L onto L foot to finish at the front wall.

[1 – 8] Slow back sweep, behind side, slow cross sweep in front

- 1 – 2 Step back on R starting to sweep L to L side (1), sweep L behind R (2) 12:00
- 3 – 4 Cross L behind R (3), step R to R side (4) 12:00
- 5 – 6 Cross L over R starting to sweep R to R side (5), sweep R forward (6) 12:00
- 7 – 8 Cross R over L (7), step L to L side (8) 12:00

[9 – 16] R back rock, shuffle ½ L, L back rock, shuffle ½ R

- 1 – 2 Rock back on R (1), recover fwd onto L (2) 12:00
- 3&4 Turn ¼ L stepping R to R side (3), turn ¼ L stepping back on L (&), step back on R (4) 6:00
- 5 – 6 Rock back on L (5), recover fwd onto R (6) 6:00
- 7&8 Turn ¼ R stepping L to L side (7), turn ¼ R stepping back on R (&), step back on L (8) 12:00

[17 – 24] ¼ R side, knee pop, cross shuffle, R side rock ¼ L, R kick ball change

- 1&2 Turn ¼ R stepping R to R side (1), pop knees forward (&), step down on heels again (2) ...
(OR just do a Hold on count 2) 3:00
- 3&4 Cross L over R (3), step R to R side (&), cross L over R (4) 3:00
- 5 – 6 Rock R to R side (5), turn ¼ L when recovering onto L (6) 12:00
- 7&8 Kick R fwd (7), step R next to L (&), change weight to L (8) 12:00

[25 – 32] Step R fwd, Hold, L shuffle fwd, step ¼ L, cross, side

- 1 – 2 Step fwd on R (1), HOLD (2) 12:00
- 3&4 Step L fwd (3), step R behind L (&), step L fwd (4) 12:00
- 5 – 6 Step R fwd (5), turn ¼ L onto L (6) 9:00
- 7 – 8 Cross R over L (8), step L to L side (8) 9:00

START AGAIN

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Last Update - 5 Jan 2020 - R2