

Don't Slack

拍数: 96 墙数: 1 级数: Phrased High Improver
编舞者: Dea Oktovina (INA) - May 2020
音乐: Don't Slack - Anderson .Paak & Justin Timberlake : (from Trolls World Tour)



Pattern: A A B C A A B C A-TAG-B C C C C

The dance starts after 4 counts, right before the beat of the music started

Section A: (32counts)

I. VINE – TOUCH – BODY ROLL – CLOSE STEP – TOUCH TO LEFT

- 1-3 Step R to right (1), step L behind R on ball (2), step R to right while upper body turn 1/8 to right facing 01.30 (3)
4-7 Touch L to side while push upper body backwards and roll body down while upper body still facing 01.30 (4-7)
&8 Step R next to L (&), touch L to left on ball (8)

II. TURN LEFT – FORWARD STEP – CLOSE STEPS, BODY ROLL WITH HAND ACTION, TURN RIGHT – SIDE STEP TO RIGHT – SIDE TOUCH

- 1-3 Turn 3/8 to left then step L forward 09.00 (1), step R next to L (2), close L next to R then body weight is on both feet (3)
4-6 Push upper body backwards and roll body down while both index fingers point forward with both thumbs up like holding 2 guns for 3 (three) counts (4-6)
7-8 Turn 1/4 to right (12.00) then step R to right side (7), bend on R knee while touch L to left side as you look over R shoulder (8)

III. STEPS IN PLACE - PUSH HANDS FORWARD - HIP ROLL – HIP BUMP

- 1-3 Step L in place (1), step R in place (2), push both hands forward on hip level (3)
4-7 Roll hip around counter-clock wise for 4 counts (4-7)
&8 Bump hip to right side while L knee pop (&), bump hip to left side while R knee pop(8)

IV. MODIFIED HIP BUMPINGS WITH HOLD – HIP BUMPS

- 1-2 bump hip to right side while L knee pop (1), hold (2)
3-4 bump hip to left side while R knee pop (3), hold (4)
5-6 bump hip to right side while L knee pop (5), bump hip to left side while R knee pop (6)
7-8 bump hip to right side while L knee pop (7), bump hip to left side while R knee pop(8)

Section B: (32 counts)

I. SIDE STEPS TO RIGHT WITH SHOULDER ACTIONS – V STEP

- 1-2 Step R to right while R shoulder move upward and L shoulder move downward (1), step L next to R while L shoulder move upward and R shoulder move downward (2)
3-4 Step R to right while R shoulder move upward and L shoulder move downward (3), touch L next to R while L shoulder move upward and R shoulder move downward (4)
5-6 Step L outward diagonally to left-forward (5), step R outward diagonally to right-forward (6)
7-8 Step L inward diagonally to backward (7), step R next to L (8)

II. SIDE STEPS TO LEFT WITH SHOULDER ACTIONS – HIP SWAY

- 1-2 Step L to left while L shoulder move upward and R shoulder move downward (1), step R next to L while R shoulder move upward and L shoulder move downward (2)
3-4 Step L to left while L shoulder move upward and R shoulder move downward (3), touch R next to L while R shoulder move upward and L shoulder move downward (4)
5-6 Step R to right while hip sway to right (5), recover to L while hip sway to left (6)
7-8 Recover to R while hip sway to right (7), recover to L while hip sway to left (8)

III. MODIFIED FORWARD MAMBO WITH SLIDE BACKWARD – HOLD – MODIFIED CUMBIA STEP WITH

CROSS BEHIND AND SLIDE – HOLD

- 1-4 Step R forward (1), recover to L (2), R make a big step backward (3), hold (4)
5-8 L step behind R (5), cross R in front of L (6), L make a big step to left side (7), hold (8)

IV. MODIFIED CUMBIA STEP WITH CROSS BEHIND AND SLIDE TO RIGHT – HOLD – SPOT TURN ¼ - BODY RIPPLE

- 1-4 Step R behind L (1), cross L in front of R (2), R make a big step to right (3), hold (4)
5-6 Turn 1/4 to right (03.00) then L step forward (5), turn 1/2 to right (09.00) then R step forward (6)
7-8 Step L next to R (7), push upper body backwards and roll body down (8)

Section C (32 counts)

I. TURN ¼ TO RIGHT – BOUNCING HIP ACTIONS WITH HAND ACTION

- 1 turn ¼ to right (12.00) then R step to right drop R hip downward (1)
2-8 bounce R hip to upward (2), downward (3), upward (4), downward (5), upward (6), downward (7), upward (8)

(Arm Action:

- 1-8 Point R index finger from left to right by straightening R arm to left side)

II. SIDE STEPS WITH HAND-CLAPPING ACTIONS

- 1-2 Step L to left (1), touch R next to L on ball while clap hands upward diagonally to left (2)
3-4 Step R to right (3), touch L next to R on ball while clap hands downward diagonally to right (4)
5-6 Step L to left (5), touch R next to L on ball while clap hands downward diagonally to left (6)
7-8 Step R to right (7), touch L next to R on ball while clap hands upward diagonally to right (8)

III. MODIFIED ROCK WITH TOUCH AND ROLLING HIP ACTION

- 1-4 Touch L forward on ball with hip roll forward action (1), stepfully on L while continue to roll hip forward (2), recover to R while rolling hip backward for 2 counts (3-4)
5-6 recover to L while hip-rolling forward for 2 counts (5-6)
7-8 touch R next to L on ball (7), hold (8)

IV. FORWARD STEP – TOUCH – FORWARD STEP – TOUCH - BACKWARD STEP – TOUCH – BACKWARD STEP – TOUCH

- 1-2 Step R forward (1), touch L to left (2)
3-4 Step L forward (3), touch R to right (4)
5-6 Step R backward (5), touch L to left (6)
7-8 Step L backward (7), touch R to right (8)

TAG: (16 counts)

I. SIDE STEPS TO RIGHT WITH SHOULDER ACTION – FLICK – SIDE STEP TO LEFT WITH SHOULDER ACTIONS – FLICK

- 1-2 Step R to right while R shoulder move forward and L shoulder move backward (1), step L next to R while L shoulder move forward and R shoulder move backward (2)
3-4 Step R to right while R shoulder move forward and L shoulder move backward (3), flick L backward across R while L shoulder move forward and R shoulder move backward (4)
5-6 Step L to left while R shoulder move forward and L shoulder move backward (5), step R next to L while L shoulder move forward and R shoulder move backward (6)
7-8 Step L to left while R shoulder move forward and L shoulder move backward (7), flick R backward across L while L shoulder move forward and R shoulder move backward (8)

II. MODIFIED V STEP WITH HIPBUMPS ACTION AND CLOSED RUNNING ACTION – OUT STEPS

- 1&2 Step R outward diagonally forward to right (1), recover to L with hip-bumping action on L hip (&), recover to R with outward hip-bumping action diagonally forward to right (2)
3&4 Step L outward diagonally forward to left (3), recover to R with hip-bumping action on L hip (&), recover to L with outward hip-bumping action diagonally forward to left (4)

5& R step backward diagonally inward(5), L step next to R (&
6& R step next to L (6), L step next to R (&
7-8 R step to right side (7), L step slightly to left side (8)

ENJOY THE DANCE

For more information, please contact me on: dea_oktovina@yahoo.co.id
