

Don't Sleep

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Indahwati Rahardja (INA) & Rex Chuan (USA) - May 2021
音乐: Don't Sleep Away the Night - Daniel Sahuleka



Start: After 16 counts of intro, start slightly ahead of vocal, which in turn starts slightly after count 2.

Sequence: 32,16,32,20, 32,16,32, 3, 32,16

S1: Forward, Mambo With Half Turn, Three Step Turn (R-L-R), Mambo With Turn, Forward & Pivot Turn

12&3 Step RF forward(1), rock LF forward(2), recover(&), L half turn and step LF forward(3)
4&5 Step RF forward(4), R half turn and step LF backwards(&), R half turn and step RF forward(5)
6&7&8 Rock RF across LF(6), recover(&), R quarter turn and step LF forward(7), step RF forward(8), step LF together while making R half turn and pop right knee(&) (9:00)

S2: Forward, Turn & Side Mambo, Side Step & Sway, Night Club, Turn & Sailor Step

12&3 Step RF forward(1), R quarter turn and rock LF L(2), recover(&), cross LF(3)
4&5&6& Step RF R(4), sway L(&), step RF further R(5), step LF behind RF(6), cross RF(&)
7&8 Make R quarter turn and step LF back and sweep RF backwards(7), cross RF behind LF(8), step LF L(&) (3:00)

S3: Cross, Side Mambo, Run (R-L-R), Leg Up & Down, Run (R-L)

12&3 Cross RF(1), rock LF L(2), recover(&), cross LF(3)
4&5 three-step run (R-L-R) half turn in curve
67&8 Raise LF forward(6), land LF forward(7), step RF forward(8), step LF forward(&) (9:00)

S4: Step Together & Slow Body Roll, Back Step(R-L), Turn & Forward With Sweep, Samba, Sailor Step With Turn

123 Step RF together(1) and pop chest, smoothly roll back chest and pop abdomen(2), pop knee and coil in body on toes(3)
4& Step RF backwards(4), step LF backwards(&)
5&6 R half turn and step RF forward(5) and sweep LF forward, cross LF(6), step RFR(&)
7&8 Cross LF behind RF(7) abd sweep RF backwards, cross RF behind LF(8), L quarter turn and step LF forward(&) (6:00)

Restart After 16 Counts: During the last sailor step move of section 2, make further right quarter turn in order to restart facing - 6:00

Restart After 20 Counts: During the run (4&) of section, head to the right in order to restart facing 12:00

Enjoy the dance!