

Don't Wait Up

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Don't Wait Up - Shakira



Intro : 16 counts in (Approx 0.08 sec)

#1 (1-8) R-L Forward Pimp Walk, R-L Forward Kick & Step, R Forward Kick, R Side Flick, R Behind Flick

1-4 Weight on LF: Step forward on RF (1), step forward on LF popping R knee forward (2), step forward on RF (3), step forward on LF popping R knee forward (4) 12.00
5&6& Kick RF forward (5), step RF in place (&), kick LF forward (6), step LF in place (&) 12.00
7&8 Kick RF forward (7), flick RF to R side (&), flick RF behind LF (8) 12.00

#2 (9-16) R-L Out Steps, R Coaster Step, L Forward Toe Strut, R Forward Heel Tap, R Back Toes Tap

1-2 Step RF slightly forward to R side (1), step LF slightly forward to L side (2) 12.00
3&4 Step RF back (3), close LF beside RF (&), step RF forward (4) 12.00
5-6 Touch L toes forward (5), drop L heel in place (6) 12.00
7-8 Touch R heel forward (7), touch R toes back (8) 12.00

#3 (17-24) R Forward & L Swing ½ (R), ½ (R) with L Back Lock Steps, R Side Rock & Recover, R Behind, L Side, R Cross

1-2 Step RF forward while swinging LF from back to front making a ½ R over R shoulder for 2 counts (1-2) 6.00
3&4 Turn ½ R stepping LF back (3), lock RF over LF (&), step LF back (4) 12.00
5-6 Rock RF to R side (5), recover weight on LF (6) 12.00
7&8 Cross RF behind LF (7), step LF to L side (&), cross RF over LF (8) 12.00

#4 (25-32) R-L Syncopated Out Steps, Hold / Snap, R-L Side Hip Bumps, R Ball, L Cross, Hold / Snap, R Syncopated Weave

&1-2 Step LF slightly forward to L side (&), step RF slightly forward to R side (1), hold for 1 count or bring both hands at the head level and snap fingers (2) - no weight 12.00
3-4 Bump hips to R side (3), bump hips to L side (4) 12.00
&5-6 Close RF beside LF (&), cross LF over RF (5), hold for 1 count or bring R hand down and snap R fingers (6) 12.00
&7&8 Step RF to R side (&), cross LF behind RF (7), step RF to R side (&), cross LF over RF (8) 12.00

#5 (33-40) R Side, L Back Rock & Recover, ¼ (R) with L Back & R Sweep, R Behind, L Side, R Cross, R&L Knee Pop

1-4 Step RF to R side (1), rock LF behind RF (2), recover weight on RF (3), turn ¼ R stepping LF back sweeping RF from front to back (4) 3.00
5-7 Cross RF behind LF (5), step LF to L side (6), cross RF over LF (7) 3.00
&8 Pop both knees forward (&), recover both feet in place (8) 3.00

#6 (41-48) L Back, R Forward Diagonal Kick Ball Cross, R Side, L Sailor Step, R In & ¼ (R) with L Flick, L Forward

1 Step LF back slightly on L diagonal (1) 3.00
2&3 Kick RF forward to R diagonal (2), step RF in place (&), cross LF over RF (3) 3.00
4 Step RF to R side (4) 3.00
5&6 Cross LF behind RF (5), step RF to R side (&), step LF to L side (6) 3.00
7-8 Slightly bring RF in and turn ¼ R flicking LF back (7), step LF forward (8) 6.00

#7 (49-56) R-L Kick Ball Back Touch, Heel Bounce ½ (R)

- 1&2 Kick RF forward (1), step RF in place (&), touch L toes behind RF (2) 6.00
3&4 Kick LF forward (3), step LF in place (&), touch R toes behind LF (4) 6.00
5-8 Bounce both heels making a ½ R over R shoulder for 4 counts (5-6-7-8) 12.00

#8 (57-64) R Ball, L Forward, ¼ (L) with R Side, L Sailor ¼ (L) with L Forward, R Forward, Full Turn (R), L Forward

- &1-2 Close RF beside LF (&), step LF forward (1), turn ¼ L stepping RF to R side (2) 9.00
3&4 Turn ¼ L crossing LF behind RF (3), step RF to R side (&), step LF forward (4) 6.00
5-8 Step RF forward (5), turn ½ R stepping LF back (6), turn another ½ R stepping RF forward (7), step LF forward (8) 6.00
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