

Damned If I Do

拍数: 32 墙数: 2 级数: High Intermediate
编舞者: Lu Olsen (AUS) & Travis Taylor (AUS) - March 2024
音乐: Don't Want a Heart - Sonny Tennet



Intro: You will start at the 23rd second mark. (Heavy beat) – on the lyrics 'there ain't no sun in summer

SIDE/Drag, BEHIND, ¼ FWD, FWD, 1/2 PIVOT, FWD, RECOVER, ½ FWD, ½ BACK/SWEEP ¼, BEHIND, SIDE, CROSS, SIDE/Drag, ¼ FWD, ½ BACK, 3/8TH FWD

- 1 Step R to R side dragging L towards R
- 2&a3 Step L behind R, 1/4 R Step R fwd, Step L fwd, 1/2 R Pivot weight on R (9:00)
- 4&a5 Rock L fwd, Replace weight on R, 1/2 L Step L fwd, 1/2 L Step R back as you sweep L into an extra 1/4 L (3/4 L Sweep around in total) (6:00)
- 6&a7 Step L behind R, Step R to R side, Cross L over R, Step R to R side as you drag L towards R
- 8&a 1/4 L Step L fwd, 1/2 L Step R back, 3/8 L Step L fwd (4:30)

WALK FWD/DRAG, WALK FWD/DRAG, FWD, RECOVER, ½ FWD, FWD FULL R TURN, FWD, FWD, ½ PIVOT, FWD/HITCH, BACK/DRAG, BACK, 1/8 SIDE, CROSS

- 1-2 Walk fwd R dragging L, Walk fwd L dragging R
- 3&a Rock R fwd, Replace weight on L, 1/2 R Stepping R fwd (10:30)
- 4a Step fwd onto L as you do a full turn over R leaving R foot in the air, Step R fwd/down
- 5a6 Step L fwd, 1/2 R Pivot weight on R, Step L fwd hitching R knee (Chase 1/2 R turn) (4:30)
- 7 Big step R back dragging L towards R
- 8&a Step L back, 1/8 R to R side, Cross L over R (6:00)

SIDE, TOG, CROSS, ¼ BACK, ½ FWD, ½ BACK, 1/8TH FWD, FWD, LOCK, FWD, FWD/HITCH, BACK, LOCK, BACK, ¼ LUNGE/POINT TO L, ¼ FWD, ½ BACK, ½ FWD

- 1 & a 2 Step R to Right, Step L beside R, Step R over L, 1/4 R & step L back (9:00)
 - a 3 a 1/2 R turn & step R fwd, ½ R turn & step L back, 1/8th R turn & step R fwd (10.30)
 - 4 & a Step L fwd, Lock R behind R, Step L fwd, (10.30)
 - 5 Step/Rock R fwd hitching L knee up
 - 6&a7 Step L back, Lock R over L, Step L back, 1/4 R Lunge R to R side as you point L to L (1:30)
 - 8&a 1/4 L Stepping down/fwd on L, 1/2 Stepping R back, 1/2 L Stepping L fwd (10.30)
- (Option 8&a 1/4 L Stepping down/fwd on L, Rock R to R side, Replace weight on L (travelling fwd twinkle))

FWD/SWEEP, CROSS, BACK, 3/8TH FWD, ½ BACK/1/2 L, FWD, ½ BACK, ½ FWD, LUNGE FWD, RECOVER, BACK/DRAG, BACK, TOG, CROSS

- 1 Step R fwd sweeping L around (10.30)
- 2&a (3/8 L Jazz Box) Step L over R, Step R back, 3/8 L turn & step L fwd, (6.00)
- 3 ½ Left turn & step R back & continue ½ L turn/ Raise L leg (full L turn) (6.00)
- a 4 a Step L fwd, ½ L turn & R back, ½ L turn & step L fwd (6.00)
- 5-6 Lunge R fwd, Replace weight on L
- 7 Big step back on R dragging L towards R (6.00)
- 8&a Step L back, Step R together, Cross L over R (6.00)

WALL 4 – SHORT WALL – dance to count 16&a restart to 12.00

We hope you enjoy our dance!
Lu Olsen & Travis Taylor

Last Update – 25 Apr. 2024 – R1

