

Don't You Remember?

拍数: 32 墙数: 2 级数: Advanced NC
编舞者: Dee Musk (UK) - February 2011
音乐: Don't You Remember - Adele : (Album: 21 - 4:03)



16 Count Intro - Start on the word 'When'. Approx 18 secs.

STEP FULL TURN L, LUNGE RECOVER, BACK R, BACK L WITH R DRAG, STEP BACK, ¼ TURN L, CROSS ROCK, ¼ TURN R, ½ TURN R, ¼ TURN R STEPPING SIDE.

- 1,2& Step forward on L, travelling forward make a ½ turn L stepping back on R, make a ½ turn L stepping forward on L.
- 3,4 Lunge forward on R, recover weight to L.
- &5 Step back on R, step back on L dragging R to beside L (keep weight on L).
- 6& Step back on R, make a ¼ turn L stepping L to L side.
- 7& Cross rock R over L, recover weight to L.
- 8& Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L.
- 1 Make a ¼ turn R stepping R to R side. (9 o'clock).

TOGETHER CROSS, ¼ TURN R STEPPING BACK L, BACK R, L COASTER, STEP R, STEP REVERSE ½ TURN R, ROCK BACK RECOVER ½ TURN L, ½ TURN L, ¼ TURN L STEPPING R TO R SIDE WITH DRAG.

- 2& Step L beside R, cross step R over L.
- 3& Making a ¼ turn R step back L, step back R.
- 4& Step back on L, step R beside L.
- *Restart from here during walls 2 and 5 - begin again facing 6 o'clock wall.**
- 5 Step forward on L.
- 6& Step forward on R, make a ½ reverse turn R stepping back on L.
- 7& Rock back on R, recover weight to L.
- 8& Make a ½ turn L stepping back on R, make a ½ turn L stepping forward on L.
- 1 Make a ¼ turn L stepping R to R side dragging L to beside R (weight on R). (3 o'clock).

BEHIND ¼ TURN R, PRISSY WALK L, PRISSY WALK R, ROCK RECOVER BACK ¼ TURN R, CROSS SIDE BEHIND ¼ TURN R.

- 2& Cross step L behind R, make a ¼ turn R stepping forward on R.
- ** Restart from here during wall 7 – begin again facing 6 o'clock wall.**
- 3,4 Step L slightly over R, step R slightly over L.
- 5&6& Rock forward on L, recover weight to R, step back on L, make a ¼ turn R stepping R to R side.
- 7&8& Weaving R, cross step L over R, step R to R side, cross step L behind R, make a ¼ turn R stepping forward on R. (12 o'clock)

STEP ½ TURN R, & ROCK RECOVER, STEP BACK ½ REVERSE TURN L, STEP ½ TURN L STEP, FULL TURN R.

- 1,2 Step forward on L, make a ½ turn R (weight forward on R).
- &3,4 Step L beside R, rock forward on R, recover weight to L.
- &5 Step back on R, make a reverse ½ turn L stepping forward on L.
- 6&7 Step forward on R, make a ½ turn L, step forward on R.
- 8& Travelling forward make a ½ turn R stepping back on L, make a ½ turn R stepping forward on R. (6 o'clock).

*** Restarts 1 and 2 during walls 2 and 5 – Dance up to and including count 4& of Section 2, then begin again facing 6 o'clock wall.**

**** Restart 3 during wall 7 - Dance up to and including count 2& of Section 3, then begin again facing 6 o'clock wall.**

Ending – Facing the 12'oclock wall - dance counts 1-5 finishing on the drag of Section 1 – as the music slows.

Relax and lose yourself in this Amazing Track.

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