

Done This Before

拍数: 64 墙数: 4 级数: Improver
编舞者: Jonathan Williamson (UK) - December 2011
音乐: Dance (Radio Edit) - The Brilliant Things : (Single)



Start Dance 40 counts from beginning of track. (Count 8 from the word "still" and begin)

S1: WALK, WALK, OUT OUT, STEP, WALK, WALK, FORWARD SHUFFLE

1-2 Walk forward right, left
&3-4 Step right to right side, step left to left side, step forward right
5-6 Walk forward left, right
7&8 Step forward left, step right besides left, step forward left

S2: ROCK RECOVER, ¼ TURN CHASSE, WEAVE

1-2 Rock forward right, recover weight back on left
3&4 ¼ turn right, stepping right to right side, step left besides right, step right to right side
5-6 Cross left over right, step right to right side
7-8 Step left behind right, step right to right side

S3: CROSS ROCK, ¼ SHUFFLE, ½ SHUFFLE, ROCK BACK

1-2 Cross left over right, recover weight back on right
3&4 ¼ turn left, stepping forward left, step right besides left, step forward left
5&6 ½ turn left, stepping back right, step left back besides right, step back right
7-8 Rock back left, recover weight on right

S4: FORWARD ROCK, SIDE ROCK, SAILOR STEP X2

1-2 Rock forward left, recover weight back on right
3-4 Rock left to left side, recover weight back on right
5&6 Step left behind right, step right to right side, step left to left side
7&8 Step right behind left, step left to left side, step right to right side

S5: STEP TOUCH, STEP TOUCH, KICK BALL CROSS, SLIDE, TOUCH

1-2 Step left to left side, touch right besides left
3-4 Step right to right side, touch left besides right
5&6 Kick left diagonally forward left, step on ball of left, cross right over left
7-8 Slide left to left side, touch right besides left

S6: WALK, WALK, MAMBO, BACK SHUFFLE, COASTER

1-2 Walk forward right, left
3&4 Rock forward right, recover weight back on left, step back right
5&6 Step back left, step right besides left, step back left
7&8 Step back right, step left besides right, step forward right

S7: STEP ½ PIVOT, SHUFFLE, JAZZ BOX

1-2 Step forward left, ½ pivot right (weight in right foot)
3&4 Step forward left, step right besides left, step forward left
5-6 Cross right over left, step back left
7-8 Step right to right side, step left besides right (weight on left)

S8: JAZZ BOX ¼ TURN, ROCKING CHAIR FORWARD AND BACK

1-2 Cross right over left, step back on left
3-4 ¼ turn right stepping right to right side, step forward left

5-6 Rock forward right, recover weight back on left
7-8 Rock back right, recover weight forward on left

If you have any queries email me at willand@talktalk.net
