

Don't Disturb Me

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Niels Poulsen (DK) - July 2013
音乐: Wake Me Up - Avicii : (iTunes - 4:09)



Intro: 16 counts from first beat in music (app. 8 secs. into track). Weight on L foot

[1 – 8] R & L heel switches, stomp rock with clap clap, change weight, REPEAT with L foot

1&2& Touch R heel fwd (1), step R next to L (&), touch L heel fwd (2), step L next to R (&) 12:00
3&4& Stomp R fwd (3), clap hands (&), recover back on L clapping hands (4), step R next to L (&) 12:00
5&6& Touch L heel fwd (5), step L next to R (&), touch R heel fwd (6), step R next to L (&) 12:00
7&8& Stomp L fwd (7), clap hands (&), recover back on R clapping hands (8), step L next to R (&) 12:00

[9 – 16] R rock fwd, triple ¼ R, rock L fwd, shuffle ½ L

1 – 2 Rock fwd on R (1), recover weight back on L (2) 12:00
3&4 Turn ½ R stepping fwd on R (3), step L behind R (&), turn ¼ R stepping fwd on R (4) 9:00
5 – 6 Rock fwd on L (5), recover weight back on R (6) 9:00
7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), turn ¼ L stepping fwd on L (8) 3:00

[17 – 24] ¼ L, cross rock, L chasse, R cross rock, syncopated step touches

&1 – 2 Turn ¼ L stepping R to R side (&), cross rock L over R (1), recover weight back on R (2) 12:00
3&4 Step L to L side (3), step R next to L (&), step L to L side (4) 12:00
5 – 6 Cross rock R over L (5), recover weight back on L (6) 12:00
&7&8 Step R to R side (&), touch L next to R (7), step L to L side (&), touch R next to L (8) 12:00

[25 – 32] R back, weave into L sailor ¼ L, step ½ L, R kick & heel &

&1 – 2 Step R a small step back (&), cross L over R (1), step R to R side (2) 12:00
3&4 Cross L behind R (3) turn ¼ L stepping R next to L (&), step fwd on L (4) 9:00
5 – 6 Step fwd on R (5), turn ½ L stepping fwd onto L (6) 3:00
7&8& Kick R fwd (7), step R next to L (&), touch L heel fwd (8), step L next to R (&) * Restart here on wall 3, facing 9:00 3:00

[33 – 40] Rock R fwd, ¼ R into R chasse, cross, ¼ L back, shuffle ½ L

1 – 2 Rock fwd on R (1), recover weight back on L (2) 3:00
3&4 Turn ¼ R stepping R to R side (3), step L next to R (&), step R to R side (4) 6:00
5 – 6 Cross L over R (5), turn ¼ L stepping back on R (6) 3:00
7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), turn ¼ L stepping fwd on L (8) 9:00

[41 – 48] Step ¼ L, cross shuffle, L side rock, together, point R & L, together with L

1 – 2 Step fwd on R (1), turn ¼ L stepping onto L (2) 6:00
3&4 Cross R over L (3), step L to L side (&) cross R over L (4) 6:00
5 – 6& Rock L to L side (5), recover weight to R (6), step L next to R (&) 6:00
7&8& Point R to R side (7), step R next to L (&), point L to L side (8), step L next to R (&) 6:00

[49 – 56] Point R, ¼ R with sweep fwd, L samba step, R jazz box ¼ R into chasse

1 – 2 Point R to R side (1), turn ¼ R stepping onto R and sweeping L fwd (2) 9:00
3&4 Cross L in front of R (3), rock R to R side (&), recover L to L side (4) 9:00
5 – 6 Cross R over L (5), turn ¼ R stepping back on L (6) 12:00
7&8 Step R to R side (7), step L next to R (&), step R to R side (8) 12:00

[57 – 64] Ball side rock, R sailor ¼ R, rock L fwd, L coaster step

- &1 – 2 Step L next to R (&), rock R to R side (1), recover weight on L (2) 12:00
3&4 Cross R behind L (3), turn ¼ R stepping L next to R (&), step fwd on R (4) 3:00
5 – 6 Rock fwd on L (5), recover weight back on R (6) 3:00
7&8 Step back on L (7), step R next to L (&), step fwd on L (8) or full triple turn L on 7&8 ?? 3:00

Start again

Restart: During wall 3, after 32 counts, facing 9:00.

Ending The dance automatically finishes at 12:00. Finish wall 8, facing 12:00, stomp R fwd! ?? 12:00

NOTE! Non-turny option for counts 38-42: step R to R side (6), behind side cross (7&8), side rock (1-2)

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