

Don't Bother

拍数: 64 墙数: 2 级数: High Beginner
编舞者: Sally Hung (TW) - August 2014
音乐: Don't Bother - Shakira



Sequence of dance:

Restart after finishing S3 of wall 3, facing 12:00

Restart after finishing S2 of wall 6, facing 6:00

Start to dance :16 counts after heavy drums beat (approx 23 secs)

S1. POINT, TOGETHER, POINT, TOGETHER, ROCK FWD RECOVER, COASTER STEP

1,2,3,4 Touch R toes to R side, step R beside L, touch L toes to L side, step L beside R
5,6,7&8 Rock R fwd, recover onto L, step back on R, step L beside R, step R fwd

S2. POINT, TOGETHER, POINT, TOGETHER, ROCK FWD RECOVER, COASTER STEP

1,2,3,4 Touch L toes to L side, step L beside R, touch R toes to R side, step R beside L
5,6,7&8 Rock L fwd, recover onto R, step back on L, step R beside L, step L fwd

S3. DIAGONALLY R STEP, LOCK, FWD LOCK STEP, DIAGONALLY L STEP, LOCK, FWD LOCK STEP

1,2,3&4 Step R fwd to R diagonal, lock step L behind R, step R fwd to R diagonal, lock step L behind
R, step R fwd to R diagonal
5,6,7&8 Step L fwd to L diagonal, lock step R behind L, step L fwd to L diagonal, lock step R behind
L, step L fwd to L diagonal

S4. BACK SHUFFLE, ½ L TURN FWD SHUFFLE, ROCKING CHAIR

1&2,3&4 Back shuffle on RLR, ½ turn L fwd shuffle on LRL
5,6,7,8 Rock R fwd, recover onto L, rock back on R, recover onto L

S5. SIDE BEHIND SIDE TOUCH, LEFT ROLLING VINE, TOUCH

1,2,3,4 Step R to R side, step L behind R, step R to R side, touch L to L side
5,6,7,8 Turn ¼ L stepping L fwd, turn ½ L stepping R back, make ¼ turn L and step L to L side,
touch R to R side

S6. KICK BALL CHANGE X2, OUT OUT IN IN

1&2,3&4 Kick R, step on R, step on L, kick R, step on R, step on L
5,6,7,8 Step R slightly fwd, step L to L side(shoulder width), step R back in, step L together

S7. CHASSAE R, ROCK BACK, RECOVER, SWAY LRL, KICK

1&2,3,4 Step R to R side, step L beside R, step R to R side, rock L behind R, recover onto R
5,6,7,8 Step L to L side(weight on L) and change weight L,R,L, kick R diagonal L fwd

S8. RUMBA BOX FWD, RUMBA BOX BACK

1,2,3,4 Step R to R side, step L beside R, step R fwd, touch L beside R,
5,6,7,8 Step L to L side, step R beside L, step L back, touch R beside L

Enjoy the dancel!

Contact - Sally Hung: hung1125@gmail.com