

Don't Grow Up So Fast

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate / Advanced
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - September 2014
音樂: Don't Grow Up So Fast - Train



Start after 8 count intro – approx 9 secs in – [3mins 20 secs – 158 bpm]

[1-8] R NC basic, ¼ L, ½ L sweep, R fwd triple, L fwd rock/recover, ½ L, ½ L, ¼ L, R cross step, L side

1-2& Step R side, rock L back, recover weight on R
3& Turning ¼ left step left forward, keeping weight on L sweep R foot another ½ left (3 o'clock)
4&5 Step R forward, step L together, step R forward
&6 Rock L forward, recover weight on R
&7 Turning ½ left step L forward, turning ½ left step R back, (3 o'clock)
&8& Turning ¼ left step L side, cross step R over L, step L side (12 o'clock)

[9-16] R rock back/recover, ½ L hinge, R cross step, L box fwd, L scissor

1 Rock R back
2&3 Recover weight on L, turning ¼ left step R back, turning ¼ left step L side (6 o'clock)
& Cross step R over L
4&5 Step L side, step R together, step L forward
6&7 Step R side, step L together, step R back
&8& Step L side, step R together, cross step L over R

RESTART: During wall 5, facing 12 o'clock dance up to count 16& and restart the dance facing back wall

ENDING: Wall 7, dance up to count 16& cross R over L & unwind ½ left to face front wall Ta Da!

[17-24] R side, L cross rock/recover, L NC basic, ½ L, L back rock/recover, ½ R, ½ R, L fwd, ¼ R pivot turn

1-2& Step R side, cross rock L over R, recover weight on R
3-4& Step L side, rock R back, recover weight on L

RESTART: During wall 3, facing 12 o'clock dance up to count 20& and restart the dance facing back wall

5-6& Turning ½ left step R back, rock L back, recover weight on R (12 o'clock)
7& Turning ½ right step L back, turning ½ right step R forward
8& Step L forward, pivot ¼ right (3 o'clock)

[25-32] L cross step, R side rock/recover, R behind, ¼ L, ½ L, ¼ L, R cross step, ¼ R coaster, L full turn fwd

1 Cross step L over R
2& Rock R side, recover weight on L,
3& Cross step R behind L, turning ¼ left step L forward (12 o'clock)
4&5 Turning ½ left step R back, turning ¼ left step L side, cross step R over L (3 o'clock)
6&7 Turning ¼ right step L back, step R together, step L forward (6 o'clock)
8& Turning ½ left step R back, turning ½ left step L forward

TAG: End of wall 2: Add 4 counts and begin dance again:

1-2&3 Step R forward, step L forward, pivot ½ right, step L forward (6 o'clock)
4& Step R forward, pivot ½ left (12 o'clock)

Contact - Tel: 01462 735778 - Email: info@thedancefactoryuk.co.uk - Website: www.thedancefactoryuk.co.uk