

Not Giving Up

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Guy Dubé (CAN) - November 2014
音樂: Not Giving Up - The Saturdays



Intro: □ 16 counts before to begin the dance.

Steps description submitted by Ateliers MG Dance

[1-8] □ CROSS, TOUCH, COASTER KICK, TOGETHER, SYNCOPATED ROCK BACK in 1/4 TURN R, SCUFF, HITCH

1-2 Cross step R over L, touch L forward diagonaly to left
3&4 Step L back, step R together L, kick L forward (always in diagonal to left)
& Step L together R
5&6 Cross rock back R, recover on L, 1/4 turn right and step R forward
7-8 Scuff heel L on the floor, hitch L

[9-16] □ 1/4 TURN R STEP SIDE, TOUCH, 1/4 TURN R STEP FWD, TOUCH, 2X (KICK-BALL-CROSS)

1-2 1/4 turn right and step L to left, touch R together L
3-4 1/4 turn right and step R forward, touch L together R
5&6 Kick L forward, step L together R, cross step R over L
7&8 Kick L forward, step L together R, cross step R over L

[17-24] □ ROCK SIDE, SAILOR in 1/2 TURN L, KICK-BALL-TOUCH, HITCH in 1/4 TURN R on 2 counts

1-2 Rock side L to left, recover on R
3&4 Cross step L behind R, 1/2 turn left and step D on place, step L on place
5&6 Kick R forward, step R together L, touch L to side
7-8 Weight on R hitch L and pivot 2 times on place for a total 1/4 turn right (with hitch L)

[25-32] □ STEP FWD, CROSS TOUCH BACK, KICK-BALL-CROSS, KICK-BALL-STEP in 1/4 TURN L, CROSS TOUCH BACK, STEP SIDE

1-2 Step L forward, cross touch R behind heel L
(do the counts &4 in back progress)
3&4 Kick R forward, step R back, cross step L over R
5&6 Kick R forward, step R lightly back, 1/4 turn left and step L to side
7-8 Cross touch R behind L, step R to side

[33-40] □ BALL CROSS ROCK BACK, STEP on PLACE, BALL CROSS ROCK BACK, STEP on PLACE, MAMBO FWD, MAMBO BACK ending in 1/4 TURN L

1&2 Cross rock back on ball L, recover on R, kick L forward diagonaly to left
& Step L on place
3&4 Cross rock back on ball R, recover on L, kick R forward diagonaly to right
& Step L on place
5&6 Rock step L forward, recover on R, step L together R
7&8 Rock back R, recover on L, 1/4 turn left and step R to side

[41-48] □ SYNCOPATED WEAVE to R, STEP SIDE, TOUCH & TOUCH, □ CROSS, 1/4 TURN R and STEP BACK, MAMBO SIDE (break)

1&2 Cross step L behind R, step R to side, cross step L over R
&3&4 Step R to side, touch L to side, step L together R, touch R to side
5-6 Cross step R over L, 1/4 turn right and step L back
7&8 Rock side R to right in passing shoulder R to side, recover on L step R together L

[48-56] □ BALL CROSS ROCK BACK, SIDE, BALL CROSS ROCK BACK, SIDE MAMBO FWD, MAMBO BACK ending in 1/4 TURN L

1&2 Cross rock back on ball L, recover on R, kick L forward diagonally to left
& Step L on place
3&4 Cross rock back on ball R, recover on L, kick R forward diagonally to right
& Step L on place
5&6 Rock step L forward, recover on R, step L together R
7&8 Rock back R, recover on L, 1/4 turn left and step R to side

[57-64] □ SYNCOPATED WEAVE to R, STEP SIDE, TOUCH & TOUCH, □ CROSS, 1/4 TURN R and STEP BACK, STEP SIDE, TOGETHER

1&2 Cross step L behind R, step R to side, cross step L over R
&3&4 Step R to side, touch L to side, step L together R, touch R to side
5-6 Cross step R over L, 1/4 turn right and step L back
7-8 Step R to side, step L together R

REPEAT...

Contact: guydube@cowboys-quebec.com
