

Don't

拍數: 64 牆數: 0 級數: Intermediate
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音樂: Don't - Ed Sheeran



No Tags, No Restarts

S1 [1-8]: TOE TAPS, HIP SWAYS, COASTER STEP

- 1&2 Start with weight on the left foot and tap the right toe from the right, moving to the left crossing over left foot – tap right (1), right (&), right (2)
- 3-6 Step left slightly to left side and sway hips left (3), then right (4), then left (5), then right (6) – weight should be on right foot
- 7&8 Coaster step – step left foot behind right (7), step right in place (&), step right slightly to the right with the body slightly angled to 1 o'clock (8)

S2 [1-8]: STEP, PAUSE, STEP, ROCK, ¼ TURN, COASTER STEP, SHUFFLE FORWARD

- 1-4 Step right foot to right (1), pause (2), step left slightly behind right (&), making a casual ¼ turn to the right, rock forward on right (3), step back on left (4)
- 5&6 Coaster step – step right foot slightly behind left (5), step left foot in place (&), step right foot slightly forward (6)
- 7&8 Shuffle forward left (7), right (&), left (8)

S3 [1-8]: 2 PADDLE STEPS MAKING ½ TURN TO THE LEFT; SHUFFLE STEPS RIGHT, SHUFFLE STEPS LEFT; PADDLE STEPS MAKING ¼ TURN TO LEFT – NOW FACING BACK WALL

- 1-2 Keeping weight on left foot, paddle right foot twice making a ½ turn to the left
- 3&4 Shuffle right (3), left (&), right (4)
- 5&6 Shuffle left (5), right (&), left (6)
- 7&8 Keeping weight on left foot, paddle right foot twice making ¼ turn

S4 [1-8]: SYNCOPATED CROSS STEPS; ROCK, RECOVER, COASTER STEP

- 1-2 Cross right over left, step left on left
- 3&4 Cross right behind left (3), step left slightly to the left (&), cross right over left (4)
- 5-6 Rock left out to left side (5), rock back to the side onto right
- 7&8 Coaster step moving slightly to the left – step left slightly behind right (7), step right in place (&), step left next to right (8)

S5 [1-8] – TOE TAP, KNEE POP, SWEEP, COASTER; KICKS

- 1-2 Tap right toe out to right side (1), bring back into center, putting weight onto right foot while at the same time popping the left knee forward (basically just unlocking your knee from the straightened position) (2)
- 3 Pick left foot up and make a sweep from front to back (3)
- 4&5 Coaster step making a ¼ turn to right – step left foot slightly behind right making the ¼ turn to right (4), step right in place (&), step left slightly forward (5)
- 6&7&8 Kick right foot forward (6), step down on right (&), kick left foot forward (7), step down on left (&), kick right toe back (8)

S6 [1-8]: ¾ TURN TO RIGHT; SHUFFLE LEFT; HIP SWAYS

- 1-2 Make ¾ turn to right (1), step weight down onto right (2)
- 3&4 Shuffle to the left (3), step right next to left (&), shuffle to left
- 5-8 Sway hips to the right (5-6), sway hips to the left, ending with the right heels slightly forward (7-8)

S7 [1-8]: JUMP BACK RIGHT; STEP LEFT; ½ TURN SWIVEL; JUMP BACK LEFT; PRISSY STEP

- 1&2 Jump back on right (1), step slightly forward on left (&), step right forward (2)

- 3&4 Making ½ turn to left swivel heels right (3), left (&), right (4)
5&6 Jump back on left (5), step slightly forward on right (&), step left forward (6)
7-8 Prissy steps right (7), left (8)

S8 [1-8]: TOE POINT, CROSS STEP; MONTEREY ½ TURN LEFT; SHUFFLE STEP; KICK AND STEP SLIDE

- 1-2 Step right out to right side (1), cross right over left (2)
3-4 Step left out to left side (3), Monterey ½ turn to the left (4)
5&6 Shuffle to the left – left (5), right (&), left (6)
7&8 Kick right foot forward (7), step right in place (&), step left to left side and slide right into left (8)

REPEAT

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