

Don't Be So

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Linda Burgess (AUS) - September 2015
音樂: Don't Be So Hard On Yourself - Jess Glynne : (Album: I Cry When I Laugh)



Intro: □ Start with Lyrics (Came) about 2 counts in...

[1-8] □ □ STEP, TAP, STEP, TAP, STEP, CROSS, SIDE, BEHIND, SIDE, CROSS

1,2,3,4 Big step R, tap L beside R & clap hands up high, big step L, tap R beside L & clap
&5,6,7&8 Step R to R, cross/step L over R, step R to R, cross/step L behind R, step R to R, cross/step L over R (12.00)

[9-16] □ □ STEP, CROSS, REPLACE, STEP, CROSS, REPLACE, ¼ STEP, STEP/PIVOT ½, SHUFFLE FWD □ □

&1,2&3,4 Step R to R, cross/step L over R, replace weight to R, step L to L, cross/step R over L, replace weight to L
&5,6,7&8 Turn ¼ R & step fwd R, step fwd L, pivot ½ turn R, shuffle fwd L,R,L (9.00)

[17-24] □ □ FULL TURN, ROCK, REPLACE, ½ STEP, ROCK, REPLACE, ½ FWD

1,2,3,4 Turn ½ L & step back R, turn ½ L & step fwd L, rock/step fwd R, replace weight to L
5,6,7,8 ½ turn R & step fwd R, rock/step fwd L, replace weight to R, turn ½ L & step fwd L (9.00)

[25-3] 2 □ □ STEP, PIVOT ¼, CROSS SAMBA, CROSS, ¼ BACK, L COASTER

1,2,3&4 Step fwd R, pivot ¼ turn L, cross/step R over L, step L to L, replace weight to R (6.00)
5,6,7&8 Cross/step L over R, turn ¼ L & step back R, L coaster (3.00)

[33-40] □ □ SLIDE, SLIDE, SHUFFLE FWD, ROCK, REPLACE, TOGTHR, STEP/PIVOT ½

1,2,3&4 (using hips)- Slide fwd R, slide fwd L, (or full turn R) shuffle fwd R,L,R (3.00)
5,6&7,8 Rock/step fwd L, replace weight to R, step L beside R, step fwd R, pivot ½ turn L (9.00)

[41-48] □ □ ¼ SIDE, BEHIND, ¼ STEP, STEP/PIVOT ½, ¼ L DOROTHY, R DOROTHY

1,2&3,4 Turn ¼ L & step R to R, cross/step L behind R, ¼ turn R & step fwd R, step fwd L, pivot ½ turn R (3.00)
5,6&7,8& Turn ¼ R & step L fwd to L45, cross/step R behind L, step L beside R, step R fwd to R45, cross/step L behind R, step R beside L (still facing 45R) (7.30)

[49-56] □ □ STEP, ½ KICK, COASTER, TOGTHR, FULL TURN, STEP, STEP, LOCK, STEP

1,2,3&4 The next 13 counts danced on diagonal -Step fwd L, keep weight on L & make a ½ turn R & kick R fwd, (to front R diagonal), R coaster (1.30)
&5,6,7,8&1 L beside R, step fwd R, turn ½ R & step back L, ½ turn R & step fwd R, step L fwd, lock/step R behind L, step fwd L (1.30)

[57-64] □ □ ROCK, REPLACE, BACK, LOCK, BACK, 3/8 FWD, STEP, PIVOT 1/2

2,3,4&5 Rock/step fwd R, replace weight to L, step back R, lock/step L in front of R, step back R
6,7,8 Turn 3/8ths L (9.00) & step fwd L, step fwd R, pivot ½ turn L (weight L). (3.00)

Begin Again!!

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