

Don't

拍數: 32

牆數: 2

級數: Improver - Westcoast Swing /
Wheelchair



編舞者: Tenna Severinsen (DK), Roy Verdonk (NL) & José Miguel Belloque Vane (NL) -
March 2016

音樂: Don't - Ed Sheeran

Intro: 20 counts

2 X WALK FORWARD, 2 X ANCHOR, 2 X STEP BACK

- 1-2 Step forward. R, step forward. L
3&4 Step R behind L, step on L, step R slightly back
5&6 Step L behind R, step on R, step L slightly back
7-8 Step back R, step back L

TOUCH BACK R, TURN ½ R, HEELGRIND L, RECOVER, TOGETHER, HEELGRIND R, RECOVER, TOGETHER, 3 X SMALL RUNS FORWARD. (L/R/L)

- 1-2 Touch R toe back, Turn ½ R stepping on R (6.00)
3&4 L heel forward, turning toes from right to left, recover back on R, step L next to R
5&6 R heel forward, turning toes from left to right, recover back on L, step R next to L
7&8 3x small runs forward. (L, R, L)

WALKS R/L, SHUFFLE R, WALKS L/R, SHUFFLE L (FULLTURN CIRCLE L)

- 1-2 Step forward, R, step forward, L turning ¼ L (3.00)
3&4 Step forward, R, step L next to R, step forward, R turning ¼ L (12.00)
5-6 Step forward, L, step forward, R turning ¼ L (9.00)
7&8 Step forward, L, step R next to L, step forward, L turning ¼ L (6.00)

POINT FORWARD, R, STEP BACK R, COASTER L, R CROSS IN FRONT OF L AND DIP, RECOVER ON R, HEELGRIND FORWARD, L, RECOVER R, STEP TOGETHER L

- 1-2 Point R toe forward., step back on R
3&4 step back L, step together R, step forward, L
5-6 Cross R in front L dip both knees, stand up (weight on R)
7&8 L heel forward. turn toes from right to left, recover on R, step L next to R.

STYLE IT, THERE IS GOOD TIME!!!! HAVE FUN - FUN