

Don't Need It!

拍數: 64 牆數: 1 級數: High Intermediate - Funky
編舞者: Niels Poulsen (DK) - September 2016
音樂: I Don't Need It - Jamie Foxx : (Album: Intuition - iTunes etc)



Intro: Start after 16 counts. Start with weight on L.

***1 Easy Tag: Comes after your 4th C, facing 12:00**

Sequence: ABBCC, ABBCC, Tag X 2, BBCC, ABBCC, ABB.

A – 32 counts/4 walls (The A part ALWAYS starts facing 12:00)

[1 – 8] R step slide back, ball back rock, R step slide fwd, ball rock step fwd R

1 – 2 Step R a big step back (1), drag L towards R (2) 12:00
&3 – 4 Step L next to R (&), rock back on R (3), recover fwd on L (4) 12:00
5 – 6 Step R a big step fwd (5), drag L towards R (6) 12:00
&7 – 8 Step L next to R (&), rock fwd on R (7), recover back on L (8) 12:00

[9 – 16] ½ R, Hold, ¼ R ball cross, ¼ L, step ½ turn L, step lock pop

1 – 2 Turn ½ R stepping fwd on R (1), Hold (2) 6:00
&3 – 4 Turn ¼ R stepping L small step to L side (&), cross R over L (3), turn ¼ L stepping L fwd (4) 6:00
5 – 6 Step R fwd (5), turn ½ L onto L (6) 12:00
7 – 8 Step R fwd (7), lock L behind R popping R knee at the same time (8) 12:00

[17 – 24] L hitch, knee move R, ball side rock R, ¼ L, ½ L long sweep, behind side fwd

1 – 2 Step R fwd hitching L knee (1), keep L knee hitched but move it slightly to R side (2) 12:00
&3 – 4 Cross L over R (&), rock R to R side (3), turn ¼ L fwd when recovering on L (4) 9:00
5 – 6 Turn ½ L stepping back on R and sweeping L to L side (5), keep sweeping L foot (6) 3:00
&7 – 8 Cross L behind R (&), step R to R side (7), step fwd on L (8) 3:00

[25 – 32] Big step fwd R, Hold, ball step turn L, fwd R, L kick fwd, back L R, L next to R

1 – 2 Step R a big step fwd (1), Hold (2) 3:00
&3 – 4 Step L next to R (&), step R fwd (3), turn ½ L onto L (4) 9:00
5 – 6 Step R fwd (5), kick L fwd (6) 9:00
&7 – 8 Step back on L (&), step back on R (7), step L next to R (8) 9:00

B – 16 counts/4 walls (1st B always starts facing 9:00. 2nd B always starts facing 6:00)

[1 – 8] Walk RL, 1/8 L ball cross, 1/8 fwd R, step ½ turn R, 1/8 R cross, 1/8 fwd L

1 – 2 Walk R fwd (1), walk L fwd (2) 9:00
&3 – 4 Turn 1/8 L stepping R to R side (&), cross L over R (3), turn 1/8 R stepping R fwd (4) 9:00
5 – 6 Step L fwd (5), turn ½ R stepping fwd onto R (6) 3:00
&7 – 8 Turn 1/8 R stepping L to L side (&), cross R over L (7), turn 1/8 L stepping L fwd (8) 3:00

[9 – 16] Rock R fwd, back RL, point R back, fwd R with ¼ R slow sweep, fwd LR, L next to R

1 – 2 Rock R fwd (1), recover back on L (2) 3:00
&3 – 4 Step back on R (&), step back on L (3), point R foot back (4) 3:00
5 – 6 Step R fwd (5), turn ¼ R on R sweeping L fwd (6) 6:00
&7 – 8 Step small step fwd L (&), step small step fwd R (7), step L next to R (8) 6:00

C – 16 counts/4 walls (1st C always starts facing 3:00. 2nd C always starts and ends facing 12:00)

[1 – 8] R, L and R pony steps backwards, L coaster step

1&2 Step R a small step back (1), step L next to R (&), step R a small step back (2) 3:00
3&4 Step L a small step back (3), step R next to L (&), step L a small step back (4) 3:00
5&6 Step R a small step back (5), step L next to R (&), step R a small step back (6) 3:00

7&8 Step back on L (7), step R next to L (&), step fwd on L (8) 3:00

[9 – 16] R step lock step, rock recover ¼ sweep, L coaster step, R rock step fwd

1&2 Step fwd on R (1) lock L behind R (&), step fwd on R (2) 3:00

3 – 4 Rock L fwd (3), recover back on R turning ¼ L and sweeping L to L side (4) 12:00

5&6 Step back on L (5), step R next to L (&), step fwd on L (6) 12:00

7 – 8 Rock fwd on R (7), recover back on L (8) 12:00

NOTE!

During every 2nd, 4th, 6th and 8th repetition of the C section leave out the sweep and the ¼ L in your rock step. This way you will always start the A section (or the Tag) facing 12:00.

TAG – 16 counts/4 walls (You do the tag twice, first time facing 12:00, then straight afterwards facing 3:00)

[1 – 8] R&L side points, R&L heels, R&L touch & heel, R kick ball step fwd

1&2& Point R to R side (1), step R a small step back (&), point L to L side (2), step L a small step back (&) 12:00

3&4& Touch R heel fwd (3), step R a small step back (&), touch L heel fwd (4), step L a small step back (&) 12:00

5&6& Touch R toe next to L (5), step R a small step back (&), touch L heel fwd (6), step L next to R (&) 12:00

7&8 Kick R fwd (7), step R next to L (&), step L fwd (8) 12:00

[9 – 16] Step ¼ L, R cross shuffle, L side rock, L sailor ½ L together

1 – 2 Step R fwd (1), turn ¼ L onto L (2) 9:00

3&4 Cross R over L (3), step L to L side (&), cross R over L (4) 9:00

5 – 6 Rock L to L side (5), recover on R (6) 9:00

7&8 Cross L behind R (7), turn ¼ L stepping R next to L (&), turn ¼ L stepping L next to R (8) 3:00

NOTE! The 2nd time you do the Tag only do a sailor ¼ L fwd on L on counts 7&8 (now facing 9:00)

Ending: When doing your last B finish the dance, then turn ¼ L on the & count stepping R to R side. You're now facing 12:00

Contact: nielsbp@gmail.com - www.love-to-dance.dk
