

How Not To

拍數: 32 牆數: 4 級數: Low Intermediate NC2S
編舞者: April Coady (IRE) - May 2017
音樂: How Not To - Dan + Shay : (Album: Obsessed)



Intro: 16 counts, start on Lyrics

Restart : Wall 3

S1: L Drag, R Sailor Step, Lock L Behind R, R Shuffle Fwd, L Coaster Step, Pivot ½ Turn R, Run R,L,R Sweeping L.

1 Step L long step to L,
2&3& Step R behind L, Step L to L side, step R in place, lock L behind R
4&5 Step R Fwd, lock L behind R, step R fwd
6&7& Step L back, step R beside L, step forward L, Pivot ½ turn R (keeping weight on the L)
8&1 Step R Fwd, Step L Fwd, Step R Fwd while sweeping L from back to front. (optional full turn)

S2 : L Front Weave, R Side Rock Recover, ¼ turn R, Walk Fwd R,L,R, L Side Rock, Recover, Cross L over R

2&3 Cross L over R, Step R to R side, Cross L behind R
&4& Rock R to R side, step L in place, Make ¼ turn R (keeping the weight on the L)
5 6 7 Walk forward R, L, R

Restart here during Wall 3 (3:00) Touch L beside R as count 8

8&8 Rock L to L side, recover, Cross L over R

S3: ¼ Monterey R, L Scissor Step, R Chasse, Back Rock L, Recover, Rolling vine 1¼ turn L with sweep

12 Point R to R side, Close R beside L turning ¼ turn R (optional 1¼ Monterey turn)
&3& Step L to L side, Step R beside L, Step L across R,
4&5 Step R to R side, Close L beside R, Step R to R side
67 Rock L back diagonally behind R (looking over R shoulder), Recover on to R
8&1 Step L fwd making a ¼ turn L, Step R back making ½ turn L, Step L fwd making ½ turn L, sweeping R to front

S4: R Front, L Side, R Behind Sweep, L Behind, R Side, L Front, ½ Monterey Turn R, Sway L, Sway R

2&3 Step R over L, Step L to L side, Step R behind L sweeping L from front to back
4&5 Step L behind R, Step R to R side, Step L over R
67 Point R to R side, Closing R beside L making a ½ turn R.
8& Sway L, sway R

Start Again! - Happy Dancing..

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