

C&K Not Sorry

拍數: 48 牆數: 1 級數: Phrased Intermediate
編舞者: Christa Thomas (USA) & Hakeema Shamsuddin - July 2018
音樂: Sorry Not Sorry - Demi Lovato



Intro: 16 count intro (app. 15 secs. into track). Start with weight on L foot
Phrasing: A, A, B, C, C, A, A, B, C, C, Tag, C, C, Ending.

A section – 16 COUNTS (**you do it twice)

A[1 – 8] R V STEP, OUT, IN, OUT, STEP, V STEP, OUT, IN, OUT, STEP (REPEAT ON L)

1&2& R step fwd to right corner (1), L step fwd to left corner (&), R step home (2), L step home (&)
3&4& R touch out (3), touch in (&), touch out (4), R step home
5&6& L step fwd to left corner (1), R step fwd to right corner (&), L step home (2), R step home (&)
7&8& L touch out (3), touch in (&), touch out (4), L step home

A[9 – 16] STEP, LOCK, STEP, STEP, PIVOT ½, WALK, TOUCH, TOUCH, OUT, OUT, LOOK, HOME

3&4& R step fwd (3), pivot ½ turn left on L (&), R step fwd (4), L step fwd (&)
5&6&7 R touch fwd (5), R home (&), L touch fwd (6), L step to left side (&), R step to right side (7)
&8 Look left (&), look fwd (8)

B section – 16 COUNTS

B[1 – 8] HIP ROCKS ½ TURN, TOUCH, HIP ROCKS ½ TURN, TOUCH

1&2& R rock side pushing hip right 1/16 turn left (1), L rec (&), R rock side pushing hip right 1/16
turn left (2), L rec (&)
3&4& R rock side pushing hip right 1/16 turn left (3), L rec (&), R rock side pushing hip right 1/16
turn left (4), L touch home (&)
5&6& L rock side pushing hip left 1/16 turn right (1), R rec (&), L rock side pushing hip left 1/16 turn
right (2), R rec (&)
7&8& L rock side pushing hip left 1/16 turn right (1), R rec (&), L rock side pushing hip left 1/16 turn
right (2), R touch home (&)

B[9 – 16] STEP, BALL, STEP, TOUCH, STEP, BALL, STEP TOUCH, FWD, REC, HOME, FINGER

1a2& R step side (1), L ball step next to R (a), R step side (2), L touch next to R (&)
3a4& L step side (1), R ball step next to L (a), L step side (2), R touch next to L (&)
5&6& R rock fwd (5), L rec (&), R step home (6), L step side while bringing right hand to left chest
with index finger pointed up (&)
7&8& Swing right hand from left to right with index finger pointed up (song says no)

C section – 16 COUNTS (**you do it twice)

C[1 – 8] STEP, SAILOR STEP, IN, OUT, STEP, SAILOR STEP, IN, OUT

1,2&3&4 R step side (1), L cross behind R (2), R step side (&), L step side (3) R touch in (&), R touch
side (4)
5,6&7&8 R step side (5), L cross behind R (6), R step side (&), L step side (7) R touch in (&), R touch
side (8)

C[9 – 16] STEP, LOCK, STEP, DRAG STEPS, STEP, TOUCH, STEP, KICK, STEP, TOGETHER, ABOUT FACE

1&2 R step fwd (1), L cross behind R (&), R step fwd (2)
&3&4 L drag in to R (&), L step home (3), R drag in to L (&), R step home (4)
&5&6 L step fwd (&), R touch together (5), R step back (&), L kick fwd (6)
&7&8 L step fwd (&), R together (7), L slightly cross behind R (&), unwind ½ turn left on L (8)

Ending[1-6] FULL TURN HIP ROCKS, POSE

- 1&2& R rock side pushing hip right 1/4 turn left (1), L rec (&), R rock side pushing hip right 1/16 turn left (2), L rec (&)
- 3&4& R rock side pushing hip right 1/4 turn left (3), L rec (&), R rock side pushing hip right 1/16 turn left (4), L rec (&)
- 5&6& R rock side pushing hip right 1/4 turn left (5), L rec (&), R step side 1/4 turn left (6), pose (&)

Enjoy!

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