

Don't Lie to Me

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Mary Bee Friedrich (DE) - July 2019
音樂: don't lie to me - Lena : (Album: Only Love, L)



Intro > 16 Counts/ starts after

Section 1 Mambo L/R, ½ Pivot R, Shuffle

1 & 2 LF step to left, RF recover on weight
3 & 4 RF step to right, LF recover on weight
5 – 6 LF step fwd., RF turn ½ to right
7 & 8 LF step fwd., RF close to LF, LF step fwd.

Section 2 ½ Pivot L, Cross Shuffle, ¼ L Turn Rock fwd., R Back, ¼ Shuffle Turn L

9 – 10 RF step fwd., LF turn ½ to left
11 & 12 RF cross over LF, LF Ball step, RF cross over LF
13 – 14 LF step fwd., RF recover on right
15 & 16 LF ¼ turn to left, RF close to LF, LF step to left

Section 3 R Cross, L Step Cross Shuffle, ¼ Turn Step Lock, Shuffle

17 – 18 RF cross over LF, LF step to left side
19 & 20 RF cross over LF, LF ball step to L, RF cross over LF
21 - 22 LF ¼ turn to left, RF close (lock) to LF (full weight)
23 – 24 LF step fwd., RF close (lock) to LF, LF step fwd.

Section 4 R Rock, L Back, Back Walks R/L, Coaster Step, L Side Rock, Touch

25 – 26 RF rock fwd., LF recover on weight
27 – 28 RF step bwd., LF step bwd.
29 & 30 RF step back, LF close to RF, RF step fwd.
31 & 32 LF rock to left side, RF recover on weight, LF touch to RF * Restart Round 2&5

Section 5 Sailor ¼ Turn L, 2 x Step Point , Step , ¼ Turn Back Step

33 & 34 LF sweep to ¼ turn left side, RF ball step (close to LF half weight), LF step diagonal fwd.

RF = right Foot / LF = left Foot / fwd. = forward / bwd. = backwards

35 – 36 RF step fwd., LF point to left side
37 – 38 LF step fwd., RF point to right side
39 – 40 RF step fwd., LF ¼ turn step bwd.

Section 6 R Side Step, L Cross Shuffle, R Side Rock, Behind Side Cross, L Side Rock

41 – 42 & RF step to right side, LF cross over RF, RF half weight on ball step
43 & 44 LF Cross over RF, RF rock to right side, LF recover on weight
45 & 46 RF cross behind LF, LF step to left side, RF cross over LF
47 – 48 LF rock to left side, RF recover on weight

Section 7 Behind side step, Step Lock, Shuffle, Rock back

49 & 50 LF cross behind RF, RF half weight on ball step to right side, LF step fwd.
51 – 52 RF step fwd., LF close (lock) to RF
53 & 54 RF step fwd., LF close to RF, RF step fwd.
55 & 56 LF rock fwd., RF recover back on weight

Section 8 Back Shuffle, Coaster step, Step, Hold, Scissor Step

57 & 58 LF step back, RF close back to LF, LF step back
59 & 60 RF step back, LF close back to RF, RF step fwd.

61 – 62 LF step fwd, HOLD

63 & 64 RF step to right side, LF close diagonal backwards to RF (third position), RF cross over LF

***Restart: 2 / (Wall) - Round 2&5= after Count 32**

Enjoy it

RF = right Foot / LF = left Foot / fwd. = forward / bwd. = backwards

Contact : marybeefriedrich@web.de
