Don't Start Now



拍數: 96 編數: 2 級數: Phrased Intermediate

編舞者: Kevin Orlando (INA) - November 2019

音樂: Don't Start Now - Dua Lipa



#16 Count Intro

Sequence: ABC ABC CB CC

Part A

| Sec 1: Walk, Walk, | 1/4 Ball-Cross R, | Hitch, Twist. |
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1-2 Step R forward – Step L forward

5-6 Hitch L – Step L forward

7&8 Step R forward – Twist R heel to Left – Twist R heel to Right

Sec 2: Kick 2x, Cross, Point L side, Touch L together, Point L side, Sailor step

1-2 Kick R forward – Kick R to side

3&4 Cross R behind L – Step L to Left – Cross R over L
 5&6 Point L side – Touch L together – Point L side
 7&8 Cross L behind R – Step R to side – Step L forward

Sec 3: Cross samba, Cross shuffle, Jazz box (3:00)

1&2 Cross R over L – Rock L to Left side - Recover on R

3&4 Cross L over R – Step R next to L – Step L forward slightly cross R

5-8 Cross R over L - 1/4 Turn Right step back on L - Step R to Right side - Cross L over R (3:00)

Sec 4 : Side shuffle, Cross rock L behind, Recover R, Stomp, Kick, Cross

1&2 Step R to Right side – Step L next to R – Step R to Right side

3-4 Cross rock L behind R – Recover on R
5-6 Stomp L to Left side – Kick R to Right side

7&8 Cross R behind L – Step L to Left – Cross R over L

Sec 5: Step L, Recover weight on R, Cross, Step R, Recover weight on L, Cross

1-2 Step L to Left side – Recover weight on R

3&4 Cross L behind R – Step R to Right – Cross L over R

5-6 Step R to Right side – Recover weight on L

7&8 Cross R behind L – Step L to Left – Cross R over L

Sec 6: Step L, Recover Weight on R, Sailor turn, Pivot ½ turn (6:00), Walk, Walk

1-2 Step L to Left side – Recover weight on R

3&4 Turn ½ Left cross L behind R (12:00) – Step R beside L – Step L forward

5-6 Step R forward – Make ½ turn Left (6:00)

7-8 Step R forward – Step L forward

Part B = 16 Count x 2

Sec 1: Cross, Sweep, Cross, Side, Behind, Sweep, Behind, Side

1-2 Cross R over L – Sweep L from behind to in front of R

3-4 Cross L over R – Step R to Right side

5-6 Cross step L behind R – Sweep R to behind L
7-8 Cross step R behind L – Step L to Left side

Sec 2: Out, Out, Turn backward, Point L, Rolling vine Left, Touch

1-2 Step R forward out – Step L forward out

| 3-4 | Turn backward R (make ½ turn) – Point L side |
|----------------|--|
| 5-6 | Making a ¼ turn Left step forward on L – Making a ½ turn Left step back on R |
| 7-8 | Making a ¼ turn Left step L to side – Touch R next to L |
| Part C = 32 C | Count |
| Sec 1: Step I | R, Point L behind R, Step L, Point R behind L, Big step, Touch |
| 1-2 | Step R to side – Point L behind R |
| 3-4 | Step L to side – Point R behind L |
| 5-6 | R step Right diagonal forward Right – L touch beside R |
| 7-8 | L step diagonal back Left – R touch beside L |
| Sec 2 : Big st | ep, Touch, Out, Out, In, In, Swivel toes |
| 1-2 | Step R to side – L touch beside R |
| 3-4 | L step diagonal forward Left – R touch beside L |
| 5&6& | Step R forward out – Step L forward out – Step R back in – Step L back in |
| 7-8 | Swivel toes to Right – Return feet to center |
| Sec 3 : Cross | s samba, Jazz box ½ turn |
| 1&2 | Cross R over L – Rock L to Left side - Recover on R |
| 3&4 | Cross L over R – Rock R to Right side - Recover on L |
| 5-8 | Cross Right over Left – Step Left slightly back making ¼ Right – ¼ Right step Right forward Step Left beside Right |
| Sec 4 : Cross | s, Point, Sweep, Step R back, Recover L |
| 1-2 | Cross R over L – Point L to Left side |
| 3-4 | Cross L over R – Point R to Right side |
| 5-6 | Sweep R from front to back – Sweep L from front to back |
| 7-8 | Step R back – Recover L |
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If you have any question, please do not hesitate to contact me: Kevinorlando1397@gmail.com I will be more than happy to hear any comments from you.