

# Don't Start Now

拍數: 32      牆數: 4      級數: Improver  
編舞者: Niels Poulsen (DK) - December 2019  
音樂: Don't Start Now - Dua Lipa : (iTunes)



Intro: 16 counts (app. 10 secs. into track). Start with weight on L foot

**\*\*2 easy restarts:**

(1st) - On wall 2 (starts facing 9:00), after 16 counts, still facing 9:00

(2nd) - On wall 6 (starts facing 12:00), after 16 counts, still facing 12:00

Ending: Wall 11 is your last wall, starts facing 9:00.

Do up to count 29, facing 9:00 again. Then turn ½ L stepping L fwd, step R fwd, and lastly turn ¼ L onto L foot to finish at the front wall.

**[1 – 8] Slow back sweep, behind side, slow cross sweep in front**

- 1 – 2      Step back on R starting to sweep L to L side (1), sweep L behind R (2) 12:00
- 3 – 4      Cross L behind R (3), step R to R side (4) 12:00
- 5 – 6      Cross L over R starting to sweep R to R side (5), sweep R forward (6) 12:00
- 7 – 8      Cross R over L (7), step L to L side (8) 12:00

**[9 – 16] R back rock, shuffle ½ L, L back rock, shuffle ½ R**

- 1 – 2      Rock back on R (1), recover fwd onto L (2) 12:00
- 3&4      Turn ¼ L stepping R to R side (3), turn ¼ L stepping back on L (&), step back on R (4) 6:00
- 5 – 6      Rock back on L (5), recover fwd onto R (6) 6:00
- 7&8      Turn ¼ R stepping L to L side (7), turn ¼ R stepping back on R (&), step back on L (8) 12:00

**[17 – 24] ¼ R side, knee pop, cross shuffle, R side rock ¼ L, R kick ball change**

- 1&2      Turn ¼ R stepping R to R side (1), pop knees forward (&), step down on heels again (2) ...  
(OR just do a Hold on count 2) 3:00
- 3&4      Cross L over R (3), step R to R side (&), cross L over R (4) 3:00
- 5 – 6      Rock R to R side (5), turn ¼ L when recovering onto L (6) 12:00
- 7&8      Kick R fwd (7), step R next to L (&), change weight to L (8) 12:00

**[25 – 32] Step R fwd, Hold, L shuffle fwd, step ¼ L, cross, side**

- 1 – 2      Step fwd on R (1), HOLD (2) 12:00
- 3&4      Step L fwd (3), step R behind L (&), step L fwd (4) 12:00
- 5 – 6      Step R fwd (5), turn ¼ L onto L (6) 9:00
- 7 – 8      Cross R over L (8), step L to L side (8) 9:00

**START AGAIN**

Email: [nielsbp@gmail.com](mailto:nielsbp@gmail.com)

Last Update - 5 Jan 2020 - R2