

DON'T PANIC BUY – Don't Be That Guy

COPPERKNOB
STEPSHEETS

拍數: 72 牆數: 1 級數: Beginner
編舞者: Gabby Parker (SA) - March 2020
音樂: Don't Panic Buy



Section 1: R side hold, L back rock recover, step to L side. Repeat on L side

1 - 4 Step R to right, hold, rock back on L, recover onto R
5 - 8 Step L to left, hold, rock back onto R, recover onto L

Section 2: Heel struts X 4

1-4 Step R heel forward, drop toes, step L heel forward, drop toes
5-8 Step R heel forward, drop toes, step L heel forward, drop toes

Section 3: V - step X 2

1-4 Step R forward to right diagonal, step L forward to left diagonal, step R back to center, step L beside right
5-8 Step R forward to right diagonal, step L forward to left diagonal, step R back to center, step L beside right

Section 4: Lindy steps

1&2-3-4 Shuffle to the R stepping RLR, Rock back on L, Recover to R
5&6-7-8 Shuffle to the L stepping LRL, Rock back on R, Recover to L

Section 5: Walks with heel, back with touch

1-4 Walk R, walk L, walk R, L heel
5-6 Step L back, step R back, step L back, touch R

Section 6: Vine L and R

1-4 Step R side, Cross L behind R, Step R side, Touch L next to R
5-8 Step L side, Cross R behind L, Step L side, Touch R next to L

Section 7: K- step

1-2 Step R forward to right diagonal, touch L beside R
3-4 Step L back to left diagonal, touch R beside L
5-6 Step R back to right diagonal, touch L beside R
7-8 Step L forward to left diagonal, touch R beside L

Section 8: Walk back X3 together, twists X 4

1-4 Step R back , step L back, step R back, step L next to R
5-8 Twist both heels R, L, R, L

Section 9: R & L dip touch, sways

1-2 Step R to right, bending R knee, touch L to left side
3-4 Step L to left , bend L knee, touch R to right side
5-8 Sway R, sway L, sway R, sway L

Wall 1, 3 & 6 with sways

Wall 2 & 4 no sways

Wall 5 - Restart at count 40

End at wall 6 cross R over L, full unwind to the front

Optional arm movements- according to the lyrics.

World - circle with the arms.

Don't be that guy- Shaking the pointing finger.

Please - prayer hands

Toilet paper - rolling hands in front of body

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is freely available on Facebook and you.tube

https://www.youtube.com/watch?v=PcG_OU1pvUA
