

Don't Start Now

COPPER KNOB
BY STEPHENETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Hope Gray (USA) - January 2020
音樂: Don't Start Now - Dua Lipa



Intro:16 /b>

WALK FORWARD(X2),SHUFFLE FORWARD, ROCK-RECOVER

1,2 - WALK FWD: R&L
3&4 , R SHUFFLE FWD- R Step forward, L step forward next to R, R Step forward
5&6 . L SHUFFLE FWD- L step forward, R step forward next L, L step forward
7,8 . R- rock Fwd, recover L (take weight onto)

SHUFFLE BACK, ROCK-RECOVER, SHUFFLE ½ TURN, ROCK-RECOVER

1&2 - R- shuffle Back- R step back, L step back next R, R Step back
3,4 - L-rock back, recover R (take weight)
5&6 - L- shuffle around 1/2 to R (L,R,L)
7,8 - R- rock back, recover L(take weight)

FORWARD STEP LOCK STEP X2, JAZZ BOX ¼ TURN RIGHT

1&2 - R- fwd step-lock-step-R step forward, L step forward and cross behind R, take weight onto L and R Step forward
3&4 - L- fwd step-lock-step- L step forward, R step forward and cross behind L, take weight onto R and L step forward
5,6,7,8 - R - jazz box 1/4 turn R- R Cross over L take weight on R, L step back, R Step to R side making ¼ turn to R, L step next to R

LINDY ROCK RECOVER, SIDE STEP*HOLD*WEAVE

1&2 , - R- lindy (side shuffle, same as shuffle forward or back only done to either side, keeping feet beside eachother)
3,4 . rock back L, recover R (take weight)
5&6 - L- side step to L *HOLD*
7&8 - WEAVE Left - R-behind, L-side, R-cross- R Step crossing behind L, L step to L side, R Step crossing over L

POINT&KICK(X2)TOE SWITCHES(X2) HEEL SWITCHES(X2)

1,2& - L-toe point (to L side) & kick (fwd)
3,4& - R-toe point (to R side) & kick (fwd)
5&6 - POINT- L & R (toe points, switches)
7&8 - HEEL SWITCHES- R & L- Touch R heel forward & bring R next to L, Touch L heel forward & bring back next to L

!! REPEAT !!

*** TAG- (4 COUNT) End of 5th rotation facing 9 o'clock wall after R- lindy, rock, recover.....

* L- Step L & slide R together & touch, R- kickball change and

** RESTART (1st)

** RESTART (2nd) 8th rotation (facing 3 o'clock wall) after L- shuffle 1/2 turn, rock, recover (now facing 9 o'clock wall) and Restart