

Don't Start Now

拍數: 32 牆數: 4 級數: Improver
編舞者: YoungSoon Song (KOR) - October 2020
音樂: Don't Start Now - Dua Lipa



Restart - after 16 counts at wall 3(9:00) and wall 7(9:00)
Tag - Before the Restart S2, last count '1' (Slightly different Behavior)

Restart S1: FORWARD, ROCK STEP, LOCK STEP BACK, ROCK STEP BACK, BODY TWIST

1 RF Step Forward(1)
2-3 LF Step Forward(2) RF Recover(3)
4&5 LF Step Backwards(4), RF Cross Over(&), LF Step Backwards(5)
6-7 RF Step Backwards(6), LF Recover(7)
8&1 RF Cross Over(8), LF Together(&), RF Step R(1)

Restart S2: CROSS ROCK STEP, SIDE SHUFFLE with 1/4 TURN L, PIVOT 1/2 TURN L with FLICK, FORWARD ROCK STEP, HOOK

2-3 LF Cross Over(2), RF Recover(3)
4&5 LF Step L(4), RF Together(&), LF 1/4 Turn L Step Forward(5)
6-7 RF Step Forward(6), LF 1/2 Turn L with RF Flick(3:00)(7)
8&1 RF Step Forward(8), LF Recover(&), RF Hook(1)

(*Restart S2 "count 1- RF Hook" only this is tag.

S1 (1 2 3 4 & 5 6 7 8 & 1) through S2(2 3 4 & 5 6 7 8 &) is same footwork, and S2 last count 1 is just different. This step is just for restart. And you should go for S1.)

S1: FORWARD, ROCK STEP, LOCK STEP BACK, ROCK STEP BACK, BODY TWIST

1 RF Step Forward(1)
2-3 LF Step Forward(2), RF Recover(3)
4&5 LF Step Backwards(4), RF Cross Over(&), LF Step Backwards(5)
6-7 RF Step Backwards(6), LF Recover(7)
8&1 RF Cross Over(8), LF Together(&), RF Step R(1)

S2: CROSS ROCK STEP, SIDE SHUFFLE with 1/4 TURN L, PIVOT 1/2 TURN L with FLICK, FORWARD MAMBO STEP

2-3 LF Cross Over(2), RF Recover(3)
4&5 LF Step L(4), RF Together(&), LF 1/4 Turn L Step Forward(9:00)(5)
6-7 RF Step Forward(6), LF 1/2 Turn L with RF Flick(3:00)(7)
8&1 RF Step Forward(8), LF Recover(&), RF Together(1)

S3: PIVOT 1/2 TURN R, TOUCH FORWARD with BAND KNEE, HOLD, SWEEP BACKWARDS, CROSS BEHIND, SIDE, SWEEP FORWARD, CROSS OVER, SIDE, BACKWARDS

2-3 LF Step Forward(2), RF 1/2 Turn R Touch Forward with LF Band Knee(9:00)(3)
4-5 Hold(4), RF Sweep Backwards(5)
6&7 RF Cross Behind(6), LF Step L(&), RF Step Forward with LF Sweep Forward(7)
8&1 LF Cross Over(8), RF Step R(&), LF Step Backwards(1)

S4: ROCK STEP BACK, PIVOT 1/4 TURN L, PIVOT 1/4 TURN L, LOCK STEP

2-3 RF Step Backwards(2), LF Recover(3)
4-5 RF Step Forward(4), LF 1/4 Turn L(6:00)(5)
6-7 RF Step Forward(6), LF 1/4 Turn L(3:00)(7)
8& RF Step Forward(8), LF Cross Behind(&)

Have Fun:)

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