Don't Throw It Away Boogie

級數: Easy Improver

編舞者: Helaine Norman (USA), Lilly Lee (TW) & Linda Yu (TW) - August 2021

音樂: Don't Throw It Away - Keb' Mo'

拍數: 48

I. Heel Struts Forward X2, Rock Recover, Back Coaster

- Touch R heel forward, drop R toes; touch L heel forward, drop L toes 1-4
- 5-6 Rock R forward, recover to L
- 7&8 Step R back, step L together, step R forward

II. Toe Struts Back X2, Rock Recover, Shuffle

- 1-4 Touch L toes back, drop L heel; touch R toes back, drop R heel
- 5-6 Rock L back, recover to R
- 7&8 Step L forward, step R together, step L forward
- *ENDS HERE AT 12:00 DURING 6TH WALL. POSE.

III. Step Kick, Back Coaster; ¹/₄ Turn Jazz Box (3:00)

- 1-2 Step R, kick L forward
- 3&4 Step L back, step R together, step L forward
- 5-8 Step R over, step L back, make 1/4 right and step R side, step L over

IV. Lindy, ¼ Turn Chase, Clap (9:00)

- 1&2 Step R side, step L together, step R side
- 3-4 Rock L back, recover to R
- Step L forward, make 1/2 turn right and step R, step L, clap hands 5-8

*RESTART: DURING 5TH WALL FACING 9:00

V. Temptations

- 1-2 Rock R (diagonally forward) to right, recover back to L
- 3-4 Rock R (diagonally forward) to right, recover back to L, hold
- 5-6 Rock L (diagonally forward) to left, recover to R
- 7-8 Rock L (diagonally forward) to left, recover to R, hold

Optional for counts 4 & 8: Clap hands

VI. ¼ Pivot L Turn, ¼ Pivot LTurn, Jazz Box (3:00)

- 1-2 Step R forward, make 1/4 pivot turn left and step L
- Step R forward, make 1/4 pivot turn left and step L 3-4
- 5-8 Step R over, step L back, step R side, step L together

REPEAT

Contact: helaine43@gmail.com

Last Update - 15 Mar 2022





牆數: 4