

Trying Not To

拍數: 48 牆數: 4 級數: Low Intermediate
編舞者: Kraig Teixeira (USA) - May 2022
音樂: Trying Not To (feat. Roman Alexander) - Alana Springsteen



Intro: 16 Counts In, Begin on Vocals

* Restart on Wall 3

[1 – 8] Shuffle Fwd L, R Rocking Chair, ½ Pivot

1 & 2 Step Fwd L, Step together R, Step Fwd L
3,4,5,6 Rock Fwd on R, Replace Weight Back on L, Rock Back on R, Replace Weight Fwd on L
7, 8 Step Fwd R, Pivot a ½ Turn L, Weight Fwd L

[9 – 16] R Rocking Chair, ½ Turn Toe Strut, L Coaster Step

9, 10, 11, 12 Rock Fwd R, Replace Weight Back on L, Rock Back on R, Replace Weight Fwd L
13, 14 Touch R toe Fwd making ¼ Turn L, Drop Weight Back onto R making a ¼ Turn L
15 & 16 Step back on L, Step R together, Step Fwd on L

[17 – 24] ¼ Side Shuffle, L Sailor Step, R Sailor Step, Touch Back Unwind ½ Turn

17 & 18 Making a ¼ Turn L, Step R to R side, Step together L, Step R to R Side
19 & 20 Step L behind R, Step R to R Side, Step L to L Side
21 & 22 Step R behind L, Step L to L Side, Step R to R Side
23, 24 Touch L Toe Back, Unwind ½ Turn over L Shoulder, Weight ends Fwd L

[25 – 32] Kick Out-Out, Sway, Sway, Kick-Ball-Cross, Slide R, Touch L

25 & 26 Kick R Fwd, Step out to R side on R, Step out to L side on L
27, 28 Sway R, Sway L, Weight ending on L
29 & 30 Kick R to R Diagonal, Step down on R, Cross L over R
31, 32 Large Step to R side on R, Slide L to meet R and Touch (Weight ends R)

* Restart Here on Wall 3

[33 – 40] Heel Jacks, ½ Turning Shuffle, L Shuffle Back

33&34& Touch L Heel Fwd, Step down on L, Cross R over L, Step Back on L
35 & 36 Touch R Heel Fwd, Step Down on R, Cross L over R
37 & 38 Step R to Side Making a ¼ Turn L, Step L Together, Step R Back Making a ¼ L
39 & 40 Step Back on L, Step together R, Step Back on L

[41 – 48] R Coaster Step, 2 Walks, Jazz Box

41 & 42 Step Back on R, Step Together on L, Step Fwd on R
43, 44 Walk Fwd L, Walk Fwd R

Optional Full Turn: Step L Back making a ½ Turn over R Shoulder, Step R Fwd Making a ½ Turn over R Shoulder)

45, 46, 47, 48 Cross L over R, Step Back on R, Step Side on L, Stomp Fwd on R (Weight ends R)