

Please Don't Give Up

拍數: 48 牆數: 2 級數: Improver
編舞者: Sebastiaan Holtland (NL) - June 2024
音樂: Bite Me - Meghan Trainor : (iTunes)



Intro: 32 cts (0:16 secs). no Tags or Restarts.

S1. [1-8] R Side Rock, R Sailor Step ¼ L, L Side Rock, Sailor Step ¼ R.

1,2 RF rock right (1), LF recover (2).
3&4 RF step behind LF (3), LF step left ¼ left (9.00) (&), RF step fwd (4).
5,6 LF rock left (5), RF recover (6).
7&8 LF step behind RF (7), RF step right ¼ right (12.00) (&), LF step fwd (8).

S2. [9-16] R Jump Fwd, Hold, L Jump Back, Hold, R+L Jump Both Apart, Hold, R Together, L Cross Shuffle.

&1,2 RF small jump fwd (&), LF touch next to RF (1), Hold (2).
&3,4 LF small jump back (&), RF touch next to LF (3), Hold (4).
&5,6 RF+LF jump both feet apart (&5), Hold (6).
&7&8 RF step beside LF (&), LF step across RF (7), RF step slightly right (&), LF step across RF (8).

S3. [17-24] R Syncopated Side Rock, L Side Rock, L,R ½ Walking Circle L, L Step, Lock, Step ¼ L.

1,2& RF rock right (1), LF recover (2), RF step beside LF (&).
3,4 LF rock left (3), RF recover (4).
5,6 LF walk fwd ¼ left (9.00) (5), RF walk fwd ¼ right (6.00) (6).
7&8 ¼ left (3.00) LF step fwd (7), RF lock behind RF (&), LF step (8).

S4. [25-32] R, L Syncopated Rocks Fwd, L,R ½ Walking Circle L, L Step, Lock, Step ¼ L.

1,2& RF rock fwd (1), LF recover (2), RF step beside LF (&).
3,4& LF rock fwd (3), RF recover (4), LF step beside RF (&).
5,6 LF walk fwd ¼ left (12.00) (5), RF walk fwd ¼ left (9.00) (6).
7&8 ¼ left (6.00) LF step fwd (7), RF lock behind RF (&), LF step (8).

S5. [33-40] R Kick & L Side Point, R, L Heel Swiches ¼ L, R Tap Swivel, R Kick & L Side Point.

1&2 RF kick fwd (1), RF step in place (&), LF point left (2).
&3&4& LF step beside RF (&), RF touch L heel fwd (3), RF step in place ¼ left (3.00) (&), LF touch L heel fwd (4), LF step in place (&).
5&6 RF tap slightly fwd (5), RF swivel heel fwd (&), RF swivel heel centre holding weight onto LF (6).
7&8 RF kick fwd (7), RF step back in place (&), LF point left (8).

S6. L Beside, R Point Right, Hold, R Cross, Hold, L Stomp ¼ R, R Stomp Fwd, L Stomp Fwd, Hold.

&1,2 LF step beside RF (&), RF point right (1), Hold (2).
3,4 RF step across LF (3), Hold (4).
5,6 LF stomp slightly back ¼ R (6.00) (5), RF stomp fwd (6).
7,8 LF stomp fwd (7), Hold (8).

REPEAT THE DANCE AND HAVE FUN!!