

Not Prepared For You

拍數: 32 牆數: 2 級數: Advanced
編舞者: Lee Hamilton (SCO) & Ryan Hunt (UK) - August 2024
音樂: Not Prepared for You - Beverley Knight



Intro: start after the 3 heavy beats

Whisk & 1/8 Sweep, Cross 1/4 Back, Back 1/2 Forward, Rock, Run Back x3, 1/4 Point, 3/8 Sweep

- 1&a2 Step L to L (1), Rock R behind L (&), Recover L (a), Make 1/8 R stepping R forward and sweep L (2) [1:30]
3&a Cross L over R (3), Make 1/4 L stepping R back (&) [10:30], Step L back (a)
4&a Step R back (4), Make 1/2 L stepping L forward (&) [4:30], Step R forward (a)
5-6&a Rock L forward (5), Run back R (6), L (&), R (a)
7-8 Make 1/4 L stepping L to L as you point R to R (7) [1:30], Make 3/8 stepping on R and sweep L (8) [6:00]

Cross 1/4 1/4, Cross Side Behind, Sway, Recover w/ Hitch, 3/4 Fallaway

- 1&a Cross L over R (1), Make 1/4 L stepping R back (&) [3:00], Make 1/4 L stepping L to L (a) [12:00]
2&a Cross R over L (2), Step L to L (&), Cross R behind L (a)
3-4 Step/Sway L to L (3), Sway/Recover to R as you hitch L knee across body (4)
5&a Cross L over R (5), Step R to R (&), Make 1/8 L stepping L back (a) [10:30]
6&a Cross R behind L (6), Make 1/8 L stepping L to L (&) [9:00], Make 1/8 L stepping R forward (a) [7:30]
7&a Cross L over R (7), Make 1/8 L stepping R to R (&) [6:00], Make 1/8 L stepping L back (a) [4:30]
8&a Make 1/8 L stepping R back (8) [3:00], Close L next to R (&), Step R forward (a)

Raise w/ Hitch, Recover w/ Sweep, Behind Side Cross, Side Drag, Walk Away 1/2 Turn, 1/4 Cross Twinkle, Cross Point Touch

- 1-2 Step forward L raising up as you lift R knee (1), Step R back as you sweep L back (2)
3&a4 Cross L behind R (3), Step R to R (&), Cross L over R (a), Take a big step to R as you drag L together (4)
5-6 Make 1/4 L walking forward L (5) [12:00], Make 1/4 L walking forward R (6) [9:00]
7&a Make 1/4 L crossing L over R (7) [6:00], Rock R to R (&), Recover L (a)
8&a Cross R over L (8), Point L to L (&), Touch L next to R (a) * Restart here on Wall 3 facing 6:00

Whisk & Side Drag, Twinkle 1/8, Cross Rock w/ Hitch, Recover w/ Sweep, Sailor 3/8 & Prep, Full Roll Back

- 1&a2 Step L to L (1), Rock R behind L (&), Recover L (a), Step R to R opening body to R as you drag L (2)
3&a4 Cross L over R (3), Rock R to R (&), Recover making 1/8 L (a) [4:30], Rock R over L as you hitch L (4)
5 Recover back on L as you sweep R from front to back (5)
6a7 Cross R behind L (6), Close L next to R as you make 3/8 R (a) [9:00], Step R forward as you prep R (7)
8a Make 1/2 L stepping L forward (8) [3:00], Make 1/2 L stepping R back (a) [9:00]

Note: Make a further 1/4 L into either count 1 of the dance, or into the Tag after Wall 1 and Wall 2

Tag: Danced after Wall 1 (6:00) and Wall 2 (12:00). Clock references apply to initial Tag after Wall 1 facing 6:00.

Sways x3, Rolling Turn w/ Sweep, Weave w/ Sweep, Behind Side Cross

- 1-3 Step/Sway L to L (1), Sway R to R (2), Sway L to L (3)

- 4a5 Make 1/4 R stepping R forward (4) [9:00], Make 1/2 R stepping L back (a) [3:00], Make 1/4 R stepping R to R as you sweep L forward (5) [6:00]
- 6a7 Cross L over R (6), Step R to R (a), Cross L behind R as you sweep R from front to back (7)
- 8&a Cross R behind L (8), Step L to L (&), Cross R over L (a)

Restart: After 24 counts of Wall 3 (6:00)

Ending: During Wall 7, dance up to count 12, and then replace the 3/4 Fallaway with a Full Fallaway:

- 5&a Cross L over R (5), Make 1/4 L stepping R back (&) [9:00], Step L back (a)
- 6&a Cross R behind L (6), Make 1/4 L stepping L to L (&) [6:00], Step R forward (a)
- 7&a Cross L over R (7), Make 1/4 L stepping R back (&) [3:00], Step L back (a)
- 8&a-1 Cross R behind L (6), Make 1/4 L stepping L to L (&) [12:00], Step R forward (a), Step L forward (1)
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