

Don't Tell Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Ulrike Weger (IT) & Kurti Mair (IT) - September 2024
音樂: Don't Tell Me What to Do - John Molloy



~ 0 restarts, TAG 3

Note: The dance begins after 8 beats with the use of the vocals

S1: Step, lock, step, scuff, step, lock, step, touch behind

- 1-2 Step forward with right foot - cross left foot behind right foot
- 3-4 Step forward with right - Swing left foot forward, drag heel on floor
- 5-6 Step forward with left - cross right foot behind left
- 7-8 Step left forward - Tap right toe behind left foot

(End: The dance ends here - direction 12 o'clock)

S2: Rock back 2x, step, pivot ½ l, stomp, stomp

- 1-2 Jump back with right/left foot kick forward - jump back onto left foot
- 3-4 Like 1-2
- 5-6 Step forward with right - ½ turn left on both balls, weight at the end on the left (6 o'clock)
- 7-8 Stomp right foot next to left foot - Stomp left foot next to right foot

S3: Toes-heels swivels out, toes-heels swivels in, side, close, cross, hold

- 1-2 Turn both toes outwards - Turn both heels outwards
- 3-4 Turn both heels inwards - Turn both toes inwards (weight at the end on the left)
- 5-6 Step to the right with right foot - bring left foot to right foot
- 7-8 Cross right foot over left - hold

S4: Side, ¼ turn r/close, step, hold, ½ turn l, ½ turn l, stomp, stomp

- 1-2 Step left to the left - ¼ turn right and step right to left (9 o'clock)
- 3-4 Step forward to the left - hold
- 5-6 ½ Turn left and bring right foot to left - ½ Turn left and bring left foot to right
- 7-8 Stomp right foot next to left foot - Stomp left foot next to right foot

Repeat until the end

TAG 1 (after the end of the 2nd and 6th round - 6 o'clock/3 o'clock)

T1-1: Heel, close, touch back, close

- 1-2 Touch right heel in front - touch right foot to left foot
- 3-4 Touch left toe back - touch left foot to right foot

TAG 2 (after the end of the 4th round - 12 o'clock)

T2-1: Step, lock, step, scuff r + l

- 1-2 Step forward with right foot - cross left foot behind right foot
- 3-4 Step forward with right foot - swing left foot forward, drag heel on floor
- 5-6 Step forward with left foot - cross right foot behind left foot
- 7-8 Step forward with left foot - Swing right foot forward, drag heel on floor

T2-2: Vine r with scuff, vine l turning ¼ l with scuff

- 1-2 Step right to right side - cross left foot behind right foot
- 3-4 Step right to right side - Swing left foot forward, drag heel on floor
- 5-6 Step left to the left - cross right foot behind left
- 7-8 ¼ Turn left and step left forward - Swing right foot forward, drag heel on floor (9 o'clock)

T2-3: Jazz box, heel, close, touch back, close

- 1-2 Cross right foot over left - Step back left
- 3-4 Step to the right with right foot - bring left foot close to right foot
- 5-6 Tap right heel in front - step right foot to left
- 7-8 Tap left toe back - Bring left foot to right foot

TAG 3 (after the end of the 10th and 12th round - 3 o'clock/9 o'clock)

T3-1: Jazz box, heel, close, touch back, close

- 1-8 Like step sequence T2-3
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