

U Don't Know Me

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Paul McAdam (UK)
音樂: U Don't Know Me - Basement Jaxx



SCUFF, STEP BACK, HOLD, BALL CHANGE. 2X WALKS, RUN-RUN KICK

1-2 Scuff right foot forward, step right foot back behind left foot
3&4 Hold, step ball of left foot to left side, step right foot to right diagonal
5-6 Making a ¼ turn left walk left, walk right
7&8 Making a ¼ turn left do 3 small runs left, right, on the last left run kick right foot out to right side

CROSS, STEP BACK, SIDE, CROSS, SIDE, ROCKING CHAIR, STEP FULL TURN SPIRAL

1-2 Cross right foot over left foot, step back on left foot
3&4 Step right foot to right side, cross left foot over right, step right foot to right side
5&6& Facing right diagonal (7:30) cross rock left foot over right, recover weight onto right, rock back on left foot, recover weight onto right
7-8 Cross left foot over right foot, unwind a full spiral turn to the right (still facing 7:30)

WALK, SIDE, BACK LOCK STEP, TOUCH BACK & SIDE, ¼ STEP HEEL, TWIST ½ TURN

1-2 Walk right foot forward to 7:30, step left foot to left side now facing 9:00
3&4 Step back on right foot, lock left foot in front of right foot, step back on right foot
5&6 Touch left toe back, making a ¼ turn left step left foot next to right, making a ¼ turn, left touch right toe back
7&8 Step forward on right foot, twist left heel ½ turn to left, twist right heel ½ turn to right, now facing 9:00 with weight on right

SAILOR STEP ¼ TURN, ROCK HIP, HIP, ROLLING VINE WITH A CROSS

1&2 Sailor step ¼ turn left
3-4 Rock right foot out to right side bumping right hip, rock weight onto left foot bumping left hip
5-6-7-8 Rolling vine full turn to the right cross left foot over right foot on 8

REPEAT

TAG

The tag happens at the end of the dance on the 1st wall and 3rd wall

1-2-3-4 Vine to the right with a touch
5-6-7-8 Vine to the left with a touch
1-2 Step right foot to right side dipping down, slide left foot next to right rising up
3-4 Step left foot to left side dipping down, slide right foot next to left rising up
&5&6&7&8 March on the spot & right & left & right & left