

Don't Be Shy

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Kim Ray (UK)
音樂: Spin That Bottle - Rachel Stevens



WALKS FORWARD, KICK BALL TOUCH WITH ¼ RIGHT TURN, TWISTS & HITCH, & CROSS & KICK

1-2 Walk forward right, walk forward left
3&4 Kick right low forward, step slightly back on right, ¼ turn right and touch left toe to left side (slightly facing left diagonal)
5&6 Twist both knees to left, twist both knees to right, hitch right knee
&7 Step down on right, cross left over right
&8 Step back on right, kick left low to left diagonal

& CROSS, ¼ TURN RIGHT, FULL TRIPLE, WALKS FORWARD, SIDE ROCK & TOGETHER

&9-10 Step left in place, cross right over left, ¼ turn right stepping back on left
11&12 Full turn right on the spot stepping right, left, right
13-14 Walk forward left, walk forward right
15&16 Side rock left, recover on right, step left next to right (weight on left)

SIDE BEHIND SIDE, SIDE BEHIND SIDE, SIDE BEHIND ¼ TURN RIGHT, SYNCOPATED PIVOT, TURN RIGHT

1-2& (1)Small spring step on right to right side as left points to left side just off the floor, (2)sweep step left behind, (&)step right to right side
3&4 Step left to left side, cross right behind left, step left to left side
&5-6 Step right to right side, cross left behind right, ¼ right stepping forward on right
7&8 Step forward on left, ½ pivot turn right, step forward on left

MAMBO STEPS, ½ TURN KICK, COASTER STEP, TOUCH ¼ TURN FLICK

1&2 Rock forward on right, recover back on left, rock back on right
&3-4 Recover forward on left, ½ turn left stepping back on right, kick left forward
5&6 Step back on left, step back on right, step forward on left
7-8 Touch right toe forward, ¼ turn left and flick right heel back

REPEAT

TAG

CROSS & STEPS BACK TWICE, MODIFIED SYNCOPATED ½ PIVOT TURNS

1&2 Cross right over left, step back on left, step back on right (moving backwards, bum out)
3&4 Cross left over right, step back on right, step back on left (moving backwards, bum out)
5&6 Step forward on right, step forward on left, ½ turn right and step right in place
7&8 Step forward on left, step forward on right, ½ turn left and step left in place

At end of wall 1 dance tag twice (back wall)

At end of wall 2 dance tag once (front wall)

At end of wall 3 dance tag twice (back wall)

At end of wall 4 - no tag (front wall)

At end of wall 5 dance first 4 counts of tag (back wall)