

Don't Despair!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gary Lafferty (UK) & Marie Lafferty (UK)
音樂: What Becomes of the Broken Hearted - Bluelagoon



Preferred intro is 64 counts, starting on main vocals. Dance should finish on home wall after 8 repetitions

BEHIND-SIDE-CROSS, SIDE-ROCK & CROSS; SIDE, BEHIND, SIDE, IN FRONT, SIDE-ROCK, CROSS

1&2 Cross right foot behind left, step left foot to side, cross right foot over left
3&4 Rock left foot to side, recover onto right foot, cross left foot over right
5&6& Step right foot to side, cross left behind right, step right foot to side, cross left over right
7&8 Rock right foot to side, recover onto left foot, cross right foot over left

BUMP LEFT-RIGHT-LEFT, ¼ TURN, BUMP RIGHT-LEFT-RIGHT

1&2 Step left foot to left and bump hips to left, bump hips to right, bump hips to left (weight to left)
& Turn ¼ right and hitching right knee slightly
3&4 Step right foot to side and bump hips to right, bump hips to left, bump hips to right

ROLLING TURN TO LEFT WITH SHUFFLE

5-6 Turn ¼ left and step left foot forward, turn ½ left and step right foot back
7&8 Turn ¼ left and step left foot to left, step right foot beside left, step left foot to side

RIGHT CROSS-ROCK & SIDE, LEFT CROSS-ROCK & ¼ TURN

1&2 Rock right foot across left, recover onto left foot, step right foot to side
3&4 Rock left foot across right, recover onto right foot, turn ¼ left and step left foot forward

HITCH-POINT ¼ TURN (TWICE); SYNCOPATED JAZZ BOX WITH ¼ TURN RIGHT

&5 Hitch right knee, turn ¼ left and touch right foot to side
&6 Hitch right knee, turn ¼ left and touch right foot to side
7&8 Cross right foot over left, step left foot back, turn ¼ right and step right foot forward

LEFT MAMBO FORWARD, RIGHT MAMBO BACK; SWITCH & HITCH & HEEL & POINT

1&2 Rock left foot forward, recover onto right foot, step left foot beside right
3&4 Rock right foot back, recover onto left foot, step right foot beside left
5& Touch left foot to side, step left foot beside right
6& Hitch right knee, step right foot beside left
7&8 Touch left heel forward, step left foot beside right, touch right foot to side

REPEAT