

Don't Force It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dave Munro (UK)
音樂: Don't Push It Don't Force It - Leon Haywood



RIGHT KICKBALL-POINT LEFT, LEFT SAILOR ¼ TURN, RIGHT KICK-ROCK-RECOVER, RIGHT 3 COUNT JAZZ BOX

1&2 Kick right forward, step on ball of right foot, point left toe to left side
3&4 Step left behind right, step right in place turn ¼ left, step left in place
5&6 Kick right forward left diagonal, rock right to right side, recover onto left in place
7&8 Cross right over left, step left back, step right to right side (facing 9:00)

¼ HINGE RIGHT, ½ HINGE RIGHT, LEFT SIDE SHUFFLE, ½ HINGE LEFT, ½ HINGE LEFT, RIGHT SIDE SHUFFLE

1 Pivot on right foot ¼ turn right stepping left to left side
2 Pivot on left foot ½ turn over right shoulder stepping right to right side
3&4 Step left to left side, step right next to left, step left to left side
5 Pivot on left foot ½ turn left stepping right to right side
6 Pivot on right foot ½ turn over left shoulder stepping left to left side
7&8 Step right to right side, step left next to right, step right to right side (face 6:00)

CROSS LEFT BEHIND UNWIND ¾, STEP ¼ LEFT, LEFT HEEL TAP, 3 COUNT LEFT VINE, KICK BALL CROSS. UNWIND ½ RIGHT

1-2 Cross left behind right unwind ¾ left, stepping onto left
3 Right step forward ¼ turn left
4 Left heel tap in place
5-6& Step left to left, step right behind left, step left to left
7&8& Kick right forward, step right next to left, cross left in front of right, unwind ½ right (facing 12:00)

2 HIP BUMPS, LEFT BACK-ROCK ¼ STEP BACK, RIGHT SIDE-ROCK STEP BACK, LEFT BACK COASTER

1&2& With weight on right, bump hip left, recover, bump hip left, recover
3&4 Rock left back, recover onto right pivot ¼ turn left, step left back
5&6 Rock right to right side, recover onto left, step right back
7&8 Step left back, step right next to left, step left forward (facing 9:00)

REPEAT
