

Don't Let Go

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Chris Peel (UK)
音樂: Don't Let Go - Hal Ketchum



Sequence: AB, AB, Tag, AB, Ending

PART A

TOE STRUTS FORWARD, COASTER FORWARD, TOE STRUTS BACK, COASTER BACK

1&2& Touch right toe forward, step down right, touch left toe forward, step down left
3&4 Step right forward, step left beside right, step right back
5&6& Touch left toe back, step left down, touch right toe back, step down right
7&8 Step left back, step right beside left, step left forward

CHASSÉ TWIST-TOUCH, SHUFFLES FORWARD, TRIPLE ¾ TURN RIGHT

9&10& Side step right, step left beside right, twist ¼ left on right, touch left in front of right (left of home)
11&12 Shuffle forward stepping left, right, left
13&14 Shuffle forward stepping right, left, right
15&16 ¾ turn right stepping left, right, left (back wall)

TOE STRUTS FORWARD, COASTER FORWARD, TOE STRUTS BACK, COASTER BACK

17&18& Touch right toe forward, step down right, touch left toe forward, step down left
19&20 Step right forward, step left beside right, step right back
21&22& Touch left toe back, step left down, touch right toe back, step down right
23&24 Step left back, step right beside left, step left forward

CHASSÉ TWIST-TOUCH, SHUFFLES FORWARD, TRIPLE ¾ TURN RIGHT

25&26& Side step right, step left beside right, twist ¼ left on right, touch left in front of right (right of home)
27&28 Shuffle forward stepping left, right, left
29&30 Shuffle forward stepping right, left, right
31&32 ¾ turn right stepping left, right, left (home)

PART B

TOUCH, SIDE TWISTS, HOLD, PIVOT- STEP TOGETHER, SIDE MAMBO

1-2 Touch right to side, on both feet twist ¼ right
3-4 On both feet twist ½ left, hold
5&6 Step right forward into pivot ½ turn left, step weight forward onto left, step right beside left
7&8 Rock left to side, rock weight onto right, step left beside right (right of home)

TOUCH, SIDE TWISTS, HOLD, PIVOT- STEP TOGETHER, SIDE MAMBO

9-10 Touch right to side, on both feet twist ¼ right
11-12 On both feet twist ½ left, hold
13&14 Step right forward into pivot ½ turn left, step weight forward onto left, step right beside left
15&16 Rock left to side, rock weight onto right, step left beside right (back)

SIDE JACK, PIVOT- STEP TOGETHER, SIDE MAMBO

&17-18 (Watch out for tiny pause before the beat) side step right, side step left (shoulder width apart)
19-20& Step right to center, step left beside right (little pause here)
21&22 Step right forward into pivot ½ turn left, step weight forward onto left, step right beside left (home)

23&24 Rock left to side, rock weight onto right, step left beside right

PIVOT-STEP, TOGETHER (½ TURN LEFT), PIVOT-STEP, TOGETHER (½ TURN RIGHT)

25&26 Step forward right into pivot ½ turn left, step weight forward onto left, step right beside left (back)

27&28 Step forward left into pivot ½ right, step weight forward onto right, step left beside right (home)

TAG

TOE STRUTS FORWARD, COASTER FORWARD, TOE STRUTS BACK, COASTER BACK

1&2& Touch right toe forward- step down right, touch left toe forward, step down left

3&4 Step right forward, step left beside right, step right back

5&6& Touch left toe back, step left down, touch right toe back, step down right

7&8 Step left back, step right beside left, step left forward

CHASSÉ TWIST-TOUCH, SHUFFLES FORWARD, TRIPLE ¾ TURN RIGHT

9&10& Side step right, step left beside right, twist ¼ left on right, touch left in front of right (left of home)

11&12 Shuffle forward stepping left, right, left

13&14 Shuffle forward stepping right, left, right

15&16 ¾ turn right stepping left, right, left (back)

SIDE STRUT, CROSS STRUT, CHASSÉ RIGHT

17& Touch right toe to side, step down right

18& Touch left toe across right, step down left

19&20 Side step right, step left beside right, side step right

SIDE STRUT, CROSS STRUT, CHASSE LEFT

21& Touch left toe to side, step down left

22& Touch right toe across left, step down right

23&24 Side step left, step right beside left, side step left

PIVOT, STEPS, TOGETHER (½ TURN LEFT, THEN ½ TURN RIGHT)

25&26 Step forward right into pivot ½ turn left, step weight forward onto left, step right beside left (home)

27&28 Step forward left into pivot ½ turn right, step weight to side on right, step left beside right (back)

TOE STRUTS FORWARD, COASTER FORWARD, TOE STRUTS BACK, COASTER BACK

29&30& Touch right toe forward- step down right, touch left toe forward, step down left

31&32 Step right forward, step left beside left, step right back

33&34& Touch left toe back, step left down, touch right toe back, step down right

35&36 Step left back, step right beside left, step left forward

CHASSÉ TWIST-TOUCH, SHUFFLES FORWARD, TRIPLE ¾ TURN RIGHT

37&38& Side step right, step left beside right, twist ¼ left on right, touch left in front of right (right of home)

39&40 Shuffle forward stepping left, right, left

41&42 Shuffle forward stepping right, left, right

43&44 ¾ turn right stepping left, right, left (home)

ENDING

TOE STRUTS FORWARD, COASTER FORWARD, TOE STRUTS BACK, COASTER BACK

1&2& Touch right toe forward, step down right, touch left toe forward, step down left

3&4 Step right forward, step left beside right, step right back

5&6& Touch left toe back, step left down, touch right toe back, step down right
7&8 Step left back, step right beside left, step left forward

CHASSÉ TWIST-TOUCH, SHUFFLES FORWARD, TRIPLE ¼ TURN RIGHT

9&10& Side step right, step left beside right, twist ¼ left on right, touch left in front of right (left of home)
11&12 Shuffle forward stepping left, right, left
13&14 Shuffle forward stepping right, left, right
15&16 ¼ turn right stepping left, right, left (back)

SHUFFLES FORWARD, PIVOT-STEP TOGETHER, SIDE MAMBO

17&18 Shuffle forward stepping right, left, right
19&20 Shuffle forward stepping left, right, left
21&22 Step right forward into pivot ½ turn left, step weight forward onto left, step right beside left (home)
23&24 Rock left to side, rock weight onto right, step left beside right

SIDE MAMBO, PIVOT- STEP TOGETHER, SHUFFLES FORWARD

25&26 Rock right to side, rock weight onto left, step right beside left
27&28 Step left forward into pivot ½ turn right, step weight forward onto right, step left beside right (back)
29&30 Shuffle forward stepping right, left, right
31&32 Shuffle forward stepping left, right, left

COASTER FORWARD, PIVOT- STEP TOGETHER, SIDE MAMBOS

33&34 Step right forward, step left beside right, step right back
35&36 Step left forward into pivot ½ turn right, step weight forward onto right, step left beside right (home)
37&38 Rock right to side, rock weight onto left, step right beside left
39&40 Rock left to side, rock weight onto right, step left beside right

TOE STRUTS FORWARD, COASTER FORWARD

41& Touch right toe forward, step down right
42& Touch left toe forward, step down left
43&44 Step right forward, step left beside right, step right back

TOE STRUTS BACK, COASTER BACK/STOMP/HOLD

45& Touch left toe back, step left down
46& Touch right toe back, step down right
45&48 Step left back, step right beside left, stomp left forward and hold
