

Don't

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Don't! - Shania Twain : (CD: Greatest Hits)



Intro: 16 counts

walk, hold, rock forward, rock back, step back, step back, rock back, rock forward, step forward, ½ turn pivot, ½ turn pivot - step back

- 1-4 Walk forward on R foot (1). Hold (2). Rock forward on the L foot (&). Rock back on the R foot (3). Step back on the L foot (4).
- 5-7 Rock back on the R foot (5). Rock forward on the L foot (6). Step forward on the R foot (7).
- 8&1 Step forward on the L foot (8). Do a ½ turn pivot over the R shoulder with R foot taking weight (&). Keeping weight on R foot, pivot ½ turn R and step back on the L foot (1).

step back diagonally, hold, step back, cross, sway, sway, cross/rock, recover, rock side, recover, cross

- 2-4 Step back diagonally R on the R foot (2). *Keep body facing 12:00 o'clock. Hold (3). Step back slightly on L foot (&). Cross R foot over L with weight on L foot (4).
- 5-6 Sway L-R.
- 7& Cross and rock L foot over R (7). Recover in place on R foot (&).
- 8&1 Rock L foot out to L side (8). Recover in place on R foot (&). Cross L foot over R with L foot taking weight (1).

hold, ball -cross, step side, 1/4 turn/step forward, step forward, ½ turn pivot, rock forward, recover, ½ turn/step forward

- 2-4 Hold (2). With L foot crossed over R, take a small step to the R on ball the R foot (&). Progress to the R stepping on the ball of R foot (3). Step to the R on the R foot (4).
- 5-7 1/4 turn pivot to the L and step forward on L foot (5). Step forward on the R foot (6). ½ turn pivot to the L with L foot taking weight (7).
- 8&1 Rock forward on the R foot (8). Recover in place on the L foot (&). Open ½ turn R as you step forward on the R foot (1).

hold, rock forward, recover, step together, step forward, ½ turn pivot, step forward, chase turn

- 2-4 Hold (2). Rock forward on the L foot (&). Recover in place on the R foot (3). Step L foot together with R (&). Step forward on the R foot (4).
- 5-7 ½ turn pivot to the L with L foot taking weight (5). Step forward on the R foot (6). Step forward on the L foot (7).
- 8&1 Step forward on the R foot (8). ½ turn pivot L with L foot taking weight (&). Step forward on the R foot (1).

Begin again!

TAG: After the 2nd and 4th patterns you will do the following tag. As you complete you 8&1 chase turn, you will not step forward on count one. Instead, on count 1, sway to the R. Touch L next to R on count 2. Sway to the L on count 3. Rock back on ball of R for count 4. Recover on L in place on the & count. Step forward on the R on count 1.

RESTART: On the 6th pattern, you will omit the last eight counts of the pattern. You will have just completed your rock forward, recover, ½ turn R stepping forward. With weight forward on the R, there will be a break in the music. You will hold that position for counts 2-3 and then switch your weight back on the L foot for count 4. Start pattern again. It fits nicely with the break in the music.

Pattern of the dance is as follows: 32 - 32 - tag - 32 - 32 - tag - 32 - 24 counts w the restart - 32 the remainder of the song.

