

Don't Go

拍數: 64 牆數: 2 級數: Improver
編舞者: Paul McAdam (UK) - June 2008
音樂: Don't Go - The Dualers



Count in: Approximately 40 counts from start of track. About 18 seconds into track.

(1-8) Side Shuffles With Rocks X2

1&2 Left Side Shuffle
3,4 Rock back on right foot, recover weight onto left
5&6 Right side shuffle
7,8 Rock back on left foot, recover weight onto right

(9-16) Shuffles Forward X2, Step ½ Turn Stomps X2

1&2 Left shuffle forward
3&4 Right shuffle forward
5,6 Step forward on left foot, pivot ½ turn right
7,8 Stomp left foot next to right, stomp right foot next to left

(17-24) Hip Bumps With Rocks X2

1&2 Step left foot to left side and bump hips right, left, right
3,4 Rock back on right foot, recover weight onto left
5&6 Step right foot to right side and bump hips right, left, right.
7,8 Rock back on left foot, recover weight onto right foot

(25-32) Shuffles Forward X2, Step ½ Turn Stomps X2

Repeat steps 9-16

(33-40) Step ½ Turns X2, Rocks, Coaster Step

1,2 Step forward on left foot, pivot ½ turn right
3,4 Step forward on left foot, pivot ½ turn right
5,6 Rock forward on left foot, recover weight onto right
7&8 Step back on left foot, step right foot together, step forward on left foot

(41-48) Step ½ Turns X2, Rocks, Coaster Step

Repeat steps 33-40 on right foot

(49-56) Step Lock Step Scuffs X2

1,2 Step left foot to left diagonal, lock right foot behind left foot
3,4 Step left foot to left diagonal, scuff right foot next to left
5,6 Step right foot to right diagonal, lock left foot behind right
7,8 Step right foot to right diagonal, scuff left foot next to right

(57-64) Step Pivot ½ Big Step, Hold, Run Full Turn

1,2 Step forward on left foot, pivot ½ turn right
3,4 Step left foot a big step forward and lean down slightly, hold a count
5-8 Turn back to the right making a ½ turn right and stepping forward on right, step forward on left foot, pivot ½ turn right, step forward on left foot, hold a count.

(From leaning down on count 3,4 you straighten up on counts 5,6 and lean forwardslightly on 7,8)

Start Again And Enjoy!

