

No Doubt, Don't Bother (P)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 0 級數: Intermediate Partner
編舞者: Arne Stakkestad (BEL) - May 2009
音樂: No Doubt, Don't Bother - Hoa : (start after 16 counts on lyrics)



Alt. Music:

"Tom dooley", Kingston trio

"They all went to Mexico", Willie Nelson & Santana

Startposition: Man inside circle, facing lady, hold both hands

Man 1-8 ¼ left rockstep, shuffle ½ right, rockstep, shuffle ½ left

1-2 ¼ left and RF rock forward, weight on LF

LHand Lady in RHand Man, loose other hands

3&4 ¼ right RF side, LF beside RF, ¼ right RF forward

RHand Lady in LHand Man, loose other hands

5-6 LF rock forward, weight on RF

Man hold with both hands Lady's RHand

7&8 ¼ left LF side, RF beside LF, ¼ left LF forward

Lady turns with RHand under Man's both hands , then RHand Lady in RHand Man

Lady 1-8 ¼ right rockstep, shuffle ½ left, rockstep, triple full turn right

1-2 ¼ right and LF rock forward, weight on RF

3&4 ¼ left LF side, RF beside LF, ¼ left LF forward

5-6 RF rock forward, weight on LF

7&8 triple full turn right with RF, LF, RF

Man 9-16 Walk forward, shuffle, walk forward, shuffle ½ right

1-2 RF step forward, LF step forward

3&4 RF forward, LF beside RF, RF forward

Sweetheart position, RHand man on shoulder with RHand Lady, LHand Lady in LHand Man

5-6 LF step forward, RF step forward

7&8 ¼ right LF side, RF beside LF, ¼ right LF step back

LHand Lady in LHand Man, loose other hands

Lady 9-16 Walk backward, shuffle ½ left, walk forward, shuffle

1-2 LF step back, RF step back

3&4 ¼ left LF side, RF beside LF, ¼ left LF forward

5-6 RF step forward, LF step forward

7&8 RF forward, LF beside RF, RF forward

Man 17-24 Diagonal hip bumps, kick ball ½ left step, kick ball hook

1 RF diagonally right back and hip right (lift LF)

2 LF diagonally left forward and hip left (lift RF)

3 RF diagonally right back and hip right (lift LF)

4 LF diagonally left forward and hip left (lift RF)

5&6 RF kick forward, RF beside LF, ½ left LF forward

LHand Lady in RHand Man

7&8 RF kick forward, RF beside LF, LF hook across RKnee

Lady 17-24 Diagonal hip bumps, kick ball step, kick ball hook

1 LF diagonally left forward and hip left (lift RF)

2 RF diagonally right back and hip right (lift LF)

3 LF diagonally left forward and hip left (lift RF)

4 RF diagonally right back and hip right (lift LF)

5&6 LF kick forward, LF beside RF, RF forward

7&8 LF kick forward, LF beside RF, RF hook across LKnee

Man 25-32 Step, $\frac{3}{4}$ spin left, side, cross, side, cross, side rock step

1-2 LF step forward, $\frac{3}{4}$ left on ball LF

Man pushes with RHand, LHand Lady to start $\frac{3}{4}$ turn, Man and Lady are back in startposition after the turn

3-4 RF side, LF cross in front of RF (bow knees a bit)

5-6 RF side, LF cross in front of RF (bow knees a bit)

7-8 F rock to right side, weight on LF

Lady 25-32 Step, $\frac{3}{4}$ spin right, side, cross, side, cross, side rock step

1-2 RF step forward, $\frac{3}{4}$ right on ball RF

3-4 LF side, RF cross in front of LF (bow knees a bit)

5-6 LF side, RF cross in front of LF (bow knees a bit)

7-8 LF rock to left side, weight on RF

Start again
