

Don't Need This

拍數: 64 牆數: 2 級數: Advanced
編舞者: Dan McInerney (UK) - May 2011
音樂: What About Us? - Brandy : (Album: Full Moon - 4:10)



Starts: After 16 counts/10 seconds just as she sings the 2nd syllable of "return" (i.e. "turn")

KICK AND SIT, CROSS BACK SIDE POP OUT IN OUT, CROSS SIDE LOOK

- 1&2 Keeping body forward kick R back, transfer weight onto R as you isolate shoulders back, keep knees slightly bent as you 'sit' (move rest of body back over R foot)
- 3&4& Cross L over R, step R back and slightly to R side, step L to L side, pop R knee in towards L knee
- 5&6 Pop R knee out to R side, pop R knee in to L knee, pop R knee out to R side transferring weight to R foot
- 7&8 Cross L over R, step R to R side, point L to L side as you turn head and look to R side

ROCK AND SWEEP, CROSS TURN SIDE CROSS BUMP AND BUMP, COASTER STEP LIFT

- 1&2 Making 1/4 turn L rock forward onto L as you bump hips forward, recover weight back to R as you bump hips back, step forward L as you begin to sweep R foot around to R side (weight stays on L) (09:00)
- 3&4& Cross R over L, making 1/4 R step L back, making 1/4 turn R step R to R side, cross L over R (03:00)
- 5&6 Point R to R side as you bump hips R, bump hips L, bump hips R as you transfer weight onto R
- 7&8& Step L back, step R next to L, step L forward, low kick R foot slightly to R diagonal (begin a hitch)

HITCH AND HITCH, COASTER STEP, ROLL AND ROLL, COASTER STEP

- 1&2 Hitch R knee to R diagonal, drop R knee slightly, hitch R knee to R diagonal
- 3&4 Step R back, step L next to R, step R forward
- 5&6& Roll hips half-circle counter clockwise degrees transferring weight onto L, continue rolling hips another half circle as you make a 1/4 turn L transferring weight to R, repeat 5& (hip rolls) again (09:00)
- 7&8 Step L back, step R next to R, step L forward

WALK, WALK, COASTER STEP AND CROSS, HOLD AND CROSS STEP

- 1, 2 Step R forward, step L forward
- 3&4& Step R back, step L next to R, step R forward, making 1/4 R step L to L side (12:00)
- 5, 6 Cross R over L, hold
- &7, 8 Making 1/8 turn R step L slightly to L side, step R forward slightly across L, step L forward (01:30)

STEP KICK, COASTER STEP, STEP, LOOK, WALK, WALK

- 1, 2 Step R forward, brush L foot in place as you then kick L low and forward
- 3&4 Step L back, step R next to L, step L forward
- 5, 6 Step R forward, turn head and look to R side (looking 04:30)
- 7, 8 Still looking to side step L forward, step R forward (looking 04:30)

(OPTION: on count 7 straighten R arm and throw your hand down as you snap your fingers, on count &, bend your arm 90 degrees at the elbow and bring your hand in front of your body, on count 8& repeat the snap and bend from 7&)

ROCK AND SWEEP, BEHIND AND CROSS AND STEP POINT, TOE HEEL TOE HEEL

- 1&2 Rock L foot forward, recover weight back onto R, step L a big step back as you sweep R clockwise
- 3&4& Continue sweeping R around and making 3/8 turn R (i.e. to 06:00) step R behind L, making 1/4 turn R step L to L side, make 1/4 R as you cross R over L, step L to L side (12:00)
- 5, 6 Step R forward, bend knees slightly as you point L to L side (keep weight on R)
- 7&8& Bring L foot towards R as you turn L toes in, heel in, toe in, heel in and transfer weight to L as you pop R knee out

(RESTART: restart here on walls 2 and 4)

BEHIND TURN SWEEP, SAILOR HALF AND STEP, PUSH, BACK LOCK OUT OUT

- 1&2 Lock the R behind L and bend knees, with knees bent lift heels as you make 1/2 turn R, drop heels taking weight on L as you begin a R sweep to R side (06:00)
- 3&4& Making 1/4 R sweep R behind L and step on it, making 1/4 step L to L side, step forward R, step forward L (12:00)
- 5, 6 Step forward R, push/slide ball of L foot forward slightly towards L diagonal (weight stays on R)
- 7&8& Step L back, lock R in front of L, step L to L side, step R slightly apart to R side (weight should be on both feet)

ROLL OUT, COASTER STEP, CHUG CHUG, ROCK TURN KICK LOCK

- 1, 2 Roll R knee in, roll R knee out as you make a 1/4 R keeping weight back on L (03:00)
- 3&4 Step R back, step L next to R, step R forward
- 5, 6 Step L forward as you bend R knee and touch R next to L, step R forward as you bend L knee and touch L next to R
- 7&8& Making 1/4 R rock L to L side, recover onto R, kick L foot forward, step L locked across R (06:00)

REPEAT

RESTARTS: Both restarts happen after 48 counts of the dance. The first restart is on wall 2. The second restart is on wall 4.

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