

Don't Start Lying!

拍數: 108 牆數: 2 級數: Phrased Advanced WCS
編舞者: Niels Poulsen (DK) - February 2014
音樂: Don't Start Lying to Me Now - Joss Stone



Intro: 16 count intro (21 secs. into track). Start with weight on L foot
Sequence: Intro, A, A, B, Tag, A, B, C, B, B, Tag, Tag, C with ending...

A – 48 counts, 2 walls (the first time you do it facing 12:00, then it's towards 6:00 and the last time 12:00 again)

[1 – 9] ¼ L ball cross, ¼ R, ball step ¼ R X 2, L vaudeville, & weave, ball touch

&1 – 2 Turn ¼ L stepping R to R side (&), cross L over R (1), turn ¼ R stepping R fwd (2) 12:00
&3&4 Step L next to R (&), turn ¼ R stepping R a small step fwd (3), repeat counts &3 6:00
5&6& Cross L over R (5), step R to R side (&), touch L heel diagonally fwd L (6), step L next to R (&) 6:00
7&8&1 Cross R over L (7), step L to L (&), cross R behind L (8), step L to L (&), touch R next to L (1) 6:00

[10 – 17] R&L step touches (optional grinds), vine ¼ R, full turn R sweep, down R, step turn cross

2&3& Step R to R grinding L heel L (2), touch L next to R (&), repeat 2& with opposite foot 6:00
4&5 Step R to R side (4), cross L behind R (&), turn ¼ R stepping R fwd (5) 9:00
6 – 7 Turn ½ turn R stepping back on L sweeping R another ½ turn (hit the beat!) (6), step R down (7) 9:00
8&1 Step fwd on L (8), turn ½ R (&), cross L slightly in front of R (1) 3:00

OPTION: ONLY on wall 2: Because of extra beats in the music on counts 6&7& (facing 3:00) you can do a full turning lock step! turn ¼ R stepping L to L side (6), cross R over L (&), turn ¼ R stepping back on L (7), turn ½ R stepping fwd on R (&)... continue with your 'step turn cross' on 8&1

[18 – 25] R scissor step, side L, R back rock, repeat these steps

2&3& Step R to R side (2), step L behind R (&), cross R over L (3), step L to L side (&) 3:00
4 – 5 Rock back on R (4), recover fwd on L (5) 3:00
6&7& Step R to R side (6), step L behind R (&), cross R over L (7), step L to L side (&) 3:00
8 – 1 Rock back on R (8), recover fwd on L (1) 3:00

[26 – 33] R side rock, weave, ball ¼ R, walk L, R mambo step

2& Rock R a small step to R side (2), recover on L (&) 3:00
3&4 Cross R over L (3), step L to L side (&), cross R behind L (4) 3:00
&5 – 6 Turn ¼ L stepping L fwd (&), step R fwd (5), walk L fwd (6) 12:00
7&8 Rock fwd on R (7), recover back on L (&), step back on R (8) 12:00

[34 – 40] Back L, back R L with sweep, back R, back rock L, full turn R, down R, full turn R, down R, step turn step

&1 – 3 Step back on L (&), step R back sweeping L to L side (1), repeat with L (2), step back on R (3) 12:00

Note: make your 2 sweeps bit hitting the lyrics in the music!

4&5 – 6 Rock back on L (4) recover fwd on R (&), turn ½ R stepping back on L but continue turning another ½ turn R sweeping R fwd (5), step down on R (6) 12:00
7& Turn ½ R stepping back on L but continue turning another ½ turn R sweeping R fwd (7), step down on R (&) 12:00
8&1 Step fwd on L (8), turn ½ R stepping fwd onto R (&), step fwd on L (1) 6:00

[42 – 48] R & L side step with touches, fwd R, ball jump together, back L, rock R back

2&3& Step R to R side (2), touch L next to R (&), step L to L side (3), touch R next to L (&) 6:00

Note: you will be travelling slightly fwd during your step touches

4&5 Step R fwd R (4), jump fwd on L (&), jump R next to L (5) 6:00
6 – 8 Step back on L (6), rock back on R (7), recover fwd on L (8) 6:00

**B – 28 counts, 1 wall (the first time you do it facing 12:00, then it's towards 6:00, and then it's 12:00 twice)
[1 – 8] R Dorothy step, L vine with cross, L side rock cross, R & L step touches**

1 - 2& Step R diagonally fwd R (1), lock L behind R (2), step R a small step fwd diagonally R (&) 12:00
3&4& Step L to L side (3), cross R behind L (&), step L to L side (4), cross R over L (&) 12:00
5&6 Rock L to L side (5), recover on R (&), cross L over R (6) 12:00
7&8 Step R to R side (&), touch L next to R (7), step L to L side (&), touch R next to L (8) 12:00

[9 – 16] Jump back together, walk R L, step ½ turn L, R Dorothy, L vine with cross

&1 – 3 Jump back on R (&), jump L next to R (1), walk fwd on R (2), walk fwd on L (3) 12:00
4& Step fwd on R (4), turn ½ L stepping onto L (&) 6:00
5 – 6& Step R diagonally fwd R (5), lock L behind R (6), step R a small step fwd diagonally R (&) 6:00
7&8& Step L to L side (7), cross R behind L (&), step L to L side (8), cross R over L (&) 6:00

[17 – 24] L side rock cross, R & L step touches, jump back together, walk R L, step ½ turn L

1&2 Rock L to L side (1), recover on R (&), cross L over R (2) 6:00
&3&4 Step R to R side (&), touch L next to R (3), step L to L side (&), touch R next to L (4) 6:00
&5 – 7 Jump back on R (&), jump L next to R (5), walk fwd on R (6), walk fwd on L (7) 6:00
8& Step fwd on R (8), turn ½ L stepping onto L (&) 12:00

[25 – 28] Fwd R with full L spiral turn, fwd L, fwd R with full L spiral turn, fwd L

1 – 2 Step R fwd and start turning a full spiral turn L (1), complete spiral turn on R foot (2) 12:00
&3 – 4 Step L fwd (&), step R fwd starting a full spiral turn L on R foot (3), complete turn stepping L foot fwd (4) 12:00

C – 32 counts, 2 walls (the first time you do it facing 6:00, the second time you start facing 12:00)

[1 – 8] Walk R L fwd, R mambo step fwd, point L back, turn ½ L, R lock step fwd

1 – 2 Walk R fwd (1), walk L fwd (2) 6:00
3&4 Rock R fwd (3), recover back on L (&), step back on R (4) 6:00
5 – 6 Point L backwards (5), turn ½ L stepping fwd on L (6) 12:00
7&8 Step R fwd (7), lock L behind R (&), step R fwd (8) 12:00

[9 – 16] ¼ R ball cross, ¼ L, shuffle R fwd, step ½ turn R, L lock step fwd

&1 – 2 Turn ¼ R stepping L to L side (&), cross R over L (1), turn ¼ L stepping L fwd (2) 12:00
3&4 Step R fwd (3), step L behind L (&), step R fwd (4) 12:00
5 – 6 Step L fwd (5), turn ½ R stepping fwd on R (6) 6:00
7&8 Step L fwd (7), lock R behind L (&), step L fwd (8) 6:00

[17 – 24] Point with hip bumps turning ½ turn L X 2, step ½ L, R kick ball change

1&2 Turn ¼ L pointing R to R side bumping hip up (1), bump hip down L (&), turn ¼ L stepping R back (2) 12:00
3&4 Turn ¼ L pointing L to L side bumping hip up (3), bump hip down R (&), turn ¼ L stepping L fwd (4) 6:00
5 – 6 Step R fwd (5), turn ½ L stepping onto L (6) 12:00
7&8 Kick R fwd (7), step R next to L (&), step L a small step fwd (8) 12:00

[25 – 32] Point with hip bumps turning ½ turn L X 2, step ½ L X 2

1&2 Turn ¼ L pointing R to R side bumping hip up (1), bump hip down R (&), turn ¼ L stepping R back (2) 6:00
3&4 Turn ¼ L pointing L to L side bumping hip up (3), bump hip down L (&), turn ¼ L stepping L fwd (4) 12:00
5 – 6 Step R fwd (5), turn ½ L stepping onto L (6) 6:00

7 – 8 Step R fwd (7), turn ½ L stepping onto L (8) 12:00

Tag – 8 counts, 1 wall (happens 3 times. Each time facing 12:00)

[1 – 8] Walk fwd R & L, R fwd coaster, big ball step back with slide, together, R back rock

1 – 2 Walk R fwd (1), walk fwd L (2) 12:00

3&4 Step R fwd (3), step L next to R (&), step R back (4) 12:00

&5 – 6 Step back on L (&), step R a big step backwards (5), slide L towards R (6) 12:00

&7 – 8 Step back on L (&), rock back on R (7), recover fwd onto L foot (8) 12:00

Ending: To finish at 12:00 change counts 31-32 of your 2nd C. Normally you would do a step ½ turn L but instead you do a LEFT full triple turn on counts 7&8& stepping fwd L on the last &-count 12:00

ENJOY! And... remember to grind and groove!...

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Last Update - 27th Feb 2014
