

Not Giving Up

拍數: 128 牆數: 4 級數: Phrased Intermediate
編舞者: Lorna Mursell (UK) & Roz Chaplin (UK) - March 2014
音樂: Not Giving Up - The Saturdays



Starts on Vocals: You took my Heart - Seq: A.B.A.B.B.B

PART A: 64 COUNTS - Walls 1 & 3 Only:

A1: CROSS POINT, SAILOR ½ CROSS, POINT, TOUCH, COASTER STEP

1-2 Cross right over left, point left to left side
3&4 Cross left behind right, make ½ turn left stepping right in place, cross left over right
5-6 Point right to right side, touch right beside left
7&8 Step back on right, step left beside right, step forward on right (6)

A2: STEP, LOCK, STEP, LOCK, STEP, MONTEREY ¼ TURN

1-2 Step left forward, lock right behind left
3&4 Step left forward, lock right behind left, step left forward
5-6 Touch right toe to right side, make ¼ turn right stepping right back (9)
7-8 Touch left toe to left side, step left in place

A3: CROSS BACK, RIGHT CHASSE, HEEL HOOK, HEEL HOOK

1-2 Cross right over left, step back on left
3&4 Step right to right side, close left beside right, step right to right side
5-8 Touch left heel forward, bring left heel to right knee, touch left heel forward, bring left heel to right knee.

A4: FORWARD, TOUCH, SHUFFLE BACK, TOUCH OUT, TOUCH IN TOUCH UNWIND

1-2 Step forward on left, touch right beside left
3&4 Step back on right, close left beside right, step back on right
5-6 Touch left toe to left side, touch left beside right
7-8 Touch left behind right, unwind ½ turn (weight on left) (3)

A5: SIDE, ROCK, &, SIDE ROCK, BACK SWEEP, BACK SWEEP

1-2& Rock right to right side, recover onto left, step right beside left
3-4 Rock left to left side, recover onto right
5-6 Step back on left, sweep right from front to back
7-8 Step back on right, sweep left from front to back

A6: BACK ROCK, KICK-BALL-CHANGE, FORWARD ROCK, BACK, TOUCH

1-2 Rock back on left, recover onto right
3&4 Kick left foot forward, step left beside right, step right in place
5-6 Rock forward on left, recover onto right
7-8 Step back on left, touch right beside left

A7: SIDE, TOUCH, LEFT CHASSE, DIAGONAL BACK ROCK, STEP, SCUFF

1-2 Step right to right side, touch left beside right
3&4 Step left to left side, close right beside left, step left to left side
5-6 Rock back on right behind left, recover onto left
7-8 Step forward on right, scuff left

A8: SIDE, TOGETHER, FORWARD MAMBO, PRISSY WALKS

1-2 Step left to left side, close right beside left
3&4 Rock forward on left, recover onto right, step back on left

5-8 Step forward right, sweep left from back to front, step forward on left, sweep right forward

PART B - 64 COUNTS

B1: STEP, KICK, COASTER STEP, SIDE, BEHIND, HEEL BALL, CROSS

1-2 Step forward on right, kick left forward
3&4 Step left back, step right beside left, step forward on left
5-6 Step right to right side, step left behind right
7&8 Touch right heel forward, step right slightly back, cross left over right

B2: SIDE, HOLD, BEHIND, SIDE, CROSS, SIDE, HOLD, BEHIND, SIDE, CROSS

1-2 Step right to right side, hold
3&4 Step left behind right, step right to right side, cross left over right
5-6 Step right to right side, hold
7&8 Step left behind right, step right to right side, cross left over right

B3: SWAY RIGHT, LEFT, CROSS SHUFFLE, HINGE ½ TURN RIGHT, CROSS SHUFFLE

1-2 Sway hips right, sway hips left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Make ¼ turn right stepping back on left, make ¼ turn right stepping right to right side (9)
7&8 Cross left over right, step right to right side, cross left over right

B4: SIDE, DRAG, KICK BALL, CROSS, SIDE, TOGETHER, COASTER STEP

1-2 Step right to right side, drag left beside right (keeping weight on the right)
3&4 Kick left forward, step left beside right, step right in place
5-6 Step left to left side, step right beside left
7&8 Step back left, step right beside left, step left forward

B5: KICK, OUT, OUT, CROSS, ROCK, RIGHT CHASSE, BACK 1/4 FORWARD

1&2 Kick right foot forward, step right out to right side, step left out to left side
3-4 Cross right over left, recover on to left
5&6 Step right to right side, close left beside right, step right to right side
7-8 Make ¼ turn left stepping back on left, Step forward on right, (6)

B6: FORWARD SHUFFLE, STEP, POINT, KICK & POINT, RIGHT SAILOR

1&2 Step forward on left, step right beside left, step forward left
3-4 Step forward on right, point left to left side
5&6 Kick left forward, step left beside right, point right to right side
7&8 Cross right behind left, step left to left side, step right in place

B7: LEFT SAILOR, FORWARD ROCK, RECOVER, COASTER STEP, FORWARD ROCK RECOVER

1&2 Cross left behind right, step right to right side, step left in place
3-4 Rock forward on right, recover on to left
5&6 Step back right, step left beside right, step right forward
7-8 Rock forward on left, recover on to right

B8: SHUFFLE BACK, BACK ROCK, PIVOT ¼ LEFT, WALK RIGHT, LEFT

1&2 Step back on left, step right beside left, step left in place
3-4 Rock back on right, recover on to left
5-6 Step forward on right, pivot ¼ turn left (3)
7-8 Walk forward right, left

Choreographers Note

Big Thanks to Stewie for recommending the track

Last Update - 19th March 2014

