

Don't

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Hans Palm (SWE) - August 2014
音樂: Don't - Ed Sheeran : (Album: X - 3:39)



Intro: □16 counts, the dance starts after the second "Ah lahmlahlah"

This dance has some easy options. The music is rather slow though so most dancers should be able to do the original choreography after some practicing. □

S1: □WALK R L, SYNCOPATED LOCK STEPS x 2, ROCK R + ¼ R, ¼ R + WALK L

1,2 Walk R (1), walk L (2)
&3&4 Lock R behind L (&), step forward on L (3), lock R behind L (&), step forward on L (4)
5,6 Rock forward on R (5), recover on L and turn ¼ R (6) 3:00
7,8 Turn ¼ and step forward on R (7), walk L (8) 6:00

S2: □WALK R L, OUT OUT IN IN, HIP ROLL R, HIP ROLL L

1,2 Walk R (1), walk L (2)
&3&4 Step R out to R side (&), step L out to L side (3), step R back in (&), step L in next to R (4)
(easy option to out out in in is walk R L on the spot on 3 and 4)
5,6 Step R slightly to the R side and start anticlockwise hip roll from L to R side (5), finish hip roll to R side (6)

(styling, lift L hip upwards on 6)

7,8 Start clockwise hip roll from R to L side (7), finish hip roll to L side (8)

(styling, lift R hip upwards on 8)

S3: □GRAPEVINE R WITH TOUCH, ROLLING VINE L WITH TOUCH (OR GRAPEVINE)

1,2 Step R to R side (1), step L behind R (2)
3,4 Step R to R side (3), touch L foot next to R foot (4)
5,6 Turn ¼ L stepping on L (5), turn ¼ L on R (6) 12:00
7,8 Turn ½ L stepping on L (7), touch R foot next to L foot (8) 6:00

(easy option, grapevine L with touch instead of rolling vine on 5-8)

S4: □ROCKING CHAIR, TURNING HIP ROLLS 1/8 L x 2

1,2 Rock forward on R (1), recover on L (2)
3,4 Rock back on R (3), recover on L (4)
5,6 Turn 1/8 L with a small step on R and start anticlockwise hip roll from L side to R side (5), continue hip roll forward to starting point at L side (6) 4:30
7,8 Turn 1/8 L with a small step on R and continue hip roll from L to R side (7), finish hip roll (8) 3:00

(easy options to hip rolls are two 1/8 pivot turns or paddle turns on 5-8)

ENDING (optional)

Finish last hip roll with a fast turn to the front wall (ending with L foot in front of R foot, weight on both feet)

Contact: palm.hans@gmail.com