Don't Wait

Count: 96 **Wall:** 1 **Level:** High Intermediate
Choreographer: Johanna Barnes (USA) - April 2014
Music: Don't Wait - Mapei

Additional: Dance begins after 32 beats of music, including a 16-count optional danced intro.**
Interpretation: To keep the cue sheet readable, counts are simplified. Please listen to the track, and feel where the rushed and elongated counts occur. It'll be easy enough to feel the dance once you are familiar with the song! The phrasing feels very much in three parts, so I have including sections for reference while learning the sequence. It's not nearly as challenging as this may read!

(Section A) (start clock notation at 12:00)

[1~8]: ☐WALKS L/R, L ¼ MAMBO, WALKS R/L, R ½ MAMBO

1, 2	Walk L then R
3&4	L ¼ Mambo: (3) L push forward (ah); (&) recover onto R; (4) L step ¼ left (9:00)
5, 6	Walk R then L
7&8	R ½ Mambo: (7) R push forward (ah); (&) recover onto L; (8) R step ½ right (3:00)

[9~16]: PREP, REVERSE FULL TURN, ROLL-PUSH, BACK, KNEE FAN

1, 2	(1) L step forward; (2) ¼ turn left, stepping to R side
3&	(3) ½ turn left, stepping to L side; (&) ¼ turn left, stepping forward onto R (3:00)
4- 6	Roll-Push-Back: (4) push forward onto L, roll from ball to heel (with hips/ribcage)(you'll get a better roll with a bigger step), push off L; (6) weight back onto R
a, 7	(a) L step back; (7) R touch back (travel this section with knees bent)
&8	Knee Fan: (&) weight into ball of R, bent knee as you open knee (with hip) out ¼ right; (8) return ¼ left, take weight R (3:00)

[17~25]: QUICK BACK, HOLD, TOE WALKS, VINE, ROCK-RECOVER, TOGETHER STEP

& 1	(&) L step back; (1) R step back
2	hold/snap
3, 4	Toe Walks: (3) lift toes up, touch ¼ right; (4) lift toes up, turn ¼ right, weight L (9:00)
5&6	Vine: (5) R cross step behind L; (&) L step to left side; (6) R step across L (end facing 7:00)
7-8	(7) L push forward; (8) recover weight back onto R
&1	(&) L step back next to R; (1) R step forward

[26~33]: STEP, CHASE ½ TURN, SYNCOPATED MAMBO'S, KICK-BALL-TOUCH

2	(2) L step forward
3&4	Chase ½ Turn: (3) R step forward ; (&) ½ turn left, pivoting weight onto L (1:00); (4) R step forward
5&6	Mambo: (5) L push forward; (&) recover weight R; (6) step L next to R
&7&	Mambo: (&) R push forward; (7) recover weight L; (&) step R next to L
8&1	Kick-Ball-Touch: (8) L kick forward (with a little lift); (&) L step next to R; (1) touch R to right side

(Section B)

[34~40]: ¼, ¼, R-ROTATED SAILOR, WALK, ¼ L, L-ROTATED SAILOR

2-3	(2) step ¼ right onto R (square to 6:00); (3) turn ¼ right, stepping to L side (9:00)
4&5	Rotated Sailor Step: (4) tuck R under and behind L while rotating ¼ right (12:00); (&) step onto L (take weight) next to right; (5) R step forward
6-7	(6) L step forward; (7) turn ¼ left and step R to right side
8&	Rotated Sailor Step: (8) tuck L under and behind R while rotating left, toward 7:00; (&) step onto R (take weight) next to L

[41~48]: OPEN-PULSE-TWISTS, KNEE POP, OPEN-PULSE-TWISTS, HIP-PUSH
***This section faces 9:00, but rotates, and opens to 7:00 and 11:00 (see extra notes)**

1&2	(1) tap L forward, with hip out to left (open to 7:00); (&) use bent knees/ slight heel lift to rotate right (open to 11:00); (2) pulse heels into floor, accenting R
&3	(&) use bent knees/ slight heel lift to rotate left (open to 7:00); (3) pulse heels into floor, accenting L
&4a	(&) lift heels, push knees slightly forward; (4) drop heels; (a) use bent knees/ slight heel lift to rotate right (open to 11:00)
5&6	(5) pulse heels into floor, accenting R; (&) use bent knees/ slight heel lift to rotate left (open to 7:00); (6) pulse heels into floor, accenting L
&7	(&) use bent knees/ slight heel lift to rotate right (open to 11:00); (7) pulse heels into floor, accenting R
&8 a	(&) slight lift of heels with a firm hip push-rock forward; (8) bring hips back under you, drop heels; (a) weight R

[49~56]: STEP, SQUARE-UP, ¼ TURNING COASTER, CROSS, REVERSE-½ SPIRAL, ROCK-RECOVER-CROSS

1, 2	(1) L step forward to 11:00; (2) R step to right side, square up to 9:00
3&4	Turning Coaster Step: (3) L cross tuck under and behind R while turning ¼ left; (&) step R next to L (6:00); (4) L step slightly forward
5-6a	(5) R step across L; (6)L step onto left side as you start turning over your right shoulder; (a) finish ½ turn (12:00)
7&8	Rock-Recover-Cross: (7) R push rock out to right side; (&) return weight to L; (8) R step across L

[57~64]: ROCK-RECOVER, CROSSING SHUFFLE, ½ PIVOT, PREP, FULL SPIRAL, STEP

1-2	Rock-Recover: (1) L rock out to left side; (2) recover weight onto R
3&4	Crossing Shuffle: (3) L step across R; (&) R small step to right side; (4) L step across R (torque or start turning right)
5, 6	(5) ½ turn right stepping forward onto R (6:00); (6) L step forward
a7, 8	Full Spiral Turn: (a) step onto R; (7) make a full spiral turn left; (8) step onto L

EXTRA NOTES (Section B, 41~48):
This movement can be accomplished with taps and lifting your feet, or staying grounded and swiveling with pressure into the balls of your feet. A slight sitting action will facilitate a deeper open swivel movement, just feel it out! It's all about the bending and straightening of your knees while swiveling, and pulsing the heel into the floor.

(Section C) (starts facing 6:00)
[65~72]: PUSH SWEEP, WEAVE, ROCK-RECOVER, CROSS-TRIPLE BACK

1-2	(1) R push forward; (2) recover weight L and sweep R out to the right side from front to back
3&4	Weave: (3) R cross step behind L; (&) L step to left side; (4) R step across and slightly forward
5-6	Rock-Recover: (5) rock step forward onto L; (6) recover weight back onto R
7&8	Cross-Triple Back: (7) L step back (open to left for comfort); (&) R cross step over L; (8) L step back

[73~80]: RUSHED BACK, HOLD, WALK L/R, SLOW-CHASE ½ TURN, STEP, ½ PIVOT BACK

a1-2	(a) take R toe back (with hip) (face 6:00); (1) weight R; (2) hold
3, 4	(3) L step forward; (4) R step forward
5, 6, 7	Slow Chase ½ Turn: (5) L step forward; (6) ½ turn right taking weight onto R (12:00); (7) L step forward
8	½ Pivot Back: (8) ½ turn left stepping back onto R (6:00)

[81~88]: CROSS-TRIPLE BACK, ROCK-RECOVER, SLOW RUMBA-ROCK-CROSS

1&2	Cross-Triple Back: (1) L step back (open to left for comfort)*; (&) R cross step over L*; (2) L step back*

*** (add styling to this triple with fists 'fighting': elbows bent, fists up, shoulder pops, R, L, R)**

3-4	Rock-Recover: (3) rock back onto R; (4) recover forward onto L

5-6-7-8	Rumba-Rock-Cross: (5) rock R out to right side (with hip rotation); (6) return weight to center (L); (7) cross R over L, travel slightly forward; (8) hold

[89~96]: SLOW RUMBA-ROCK-CROSS, CHASE ½ TURN, OUT- OUT, HIP PUSH

1-2-3-4	Rumba-Rock-Cross: (1) rock L out to right side (with hip rotation); (2) return weight to center (R); (3) cross L over R, travel slightly forward; (4) hold
5&6	Chase ½ Turn: (5) step forward onto R; (&) ½ turn left, taking weight onto L (12:00); (6) R small step forward and out to the right side (can roll the knee with hip*)
7	L step out to left side*
&8	Hip Push: (&) push hips back; (8) recover weight forward, weight R

(BEGIN AGAIN, and most certainly DWYF!)

**** 16 counts of music, then 16 counts of OPTIONAL DANCE:**
[1~12]: ☐Step L out to the left side (1), then snap as you recover weight R (2), stepping together (3), then snap (4). Repeat on the right. (Or cross steps and clap, or walk around with steps and snaps, or try something! Find options that hit the beat, accenting the clicks. End facing 12:00.)

[13~16]: OUT, OUT, OUT, HIP-PUSH

5	R step out to right side (can roll the knee with hip*)
6	L step out to left side *
7	R step out to right side *
& 8	Hip Push: (&) push hips back; (8) recover weight forward, weight R

This step description is intended to be a guideline.
Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel:

http://www.youtube.com/user/DanceWhatYouFeel

Contact: Johanna@dancewhatyoufeel.com ~ www.dancewhatyoufeel.com ~ 203.464.5322

Last Update - 10th Dec 2014
