Don't Sleep

COPPER KNOB

拍数: 32

级数: Intermediate

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音乐: Don't Sleep Away the Night - Daniel Sahuleka

墙数:2



Start: After 16 counts of intro, start slightly ahead of vocal, which in turn starts slightly after count 2.

Sequence: 32,16,32,20, 32,16,32, 3, 32,16

S1: Forward, Mambo With Half Turn, Three Step Turn (R-L-R), Mambo With Turn, Forward & Pivot Turn

- 12&3 Step RF forward(1), rock LF forward(2), recover(&), L half turn and step LF forward(3)
- 4&5 Step RF forward(4), R half turn and step LF backwards(&), R half turn and step RF forward(5)
- 6&78& Rock RF across LF(6), recover(&), R quarter turn and step LF forward(7), step RF forward(8), step LF together while making R half turn and pop right knee(&) (9:00)

S2: Forward, Turn & Side Mambo, Side Step & Sway, Night Club, Turn & Sailor Step

- 12&3 Step RF forward(1), R quarter turn and rock LF L(2), recover(&), cross LF(3)
- 4&56& Step RF R(4), sway L(&), step RF further R(5), step LF behind RF(6), cross RF(&)
- 78& Make R quarter turn and step LF back and sweep RF backwards(7), cross RF behind LF(8), step LF L(&) (3:00)

S3: Cross, Side Mambo, Run (R-L-R), Leg Up & Down, Run (R-L)

- 12&3 Cross RF(1), rock LF L(2), recover(&), cross LF(3)
- 4&5 three-step run (R-L-R) half turn in curve
- 678& Raise LF forward(6), land LF forward(7), step RF forward(8), step LF forward(&) (9:00)

S4: Step Together & Slow Body Roll, Back Step(R-L), Turn & Forward With Sweep, Samba, Sailor Step With Turn

- 123 Step RF together(1) and pop chest, smoothly roll back chest and pop abdomen(2), pop knee and coil in body on toes(3)
- 4& Step RF backwards(4), step LF backwards(&)
- 56& R half turn and step RF forward(5) and sweep LF forward, cross LF(6), step RFR(&)
- 78& Cross LF behind RF(7) abd sweep RF backwards, cross RF behind LF(8), L quarter turn and step LF forward(&) (6:00)

Restart After 16 Counts: During the last sailor step move of section 2, make further right quarter turn in order to restart facing - 6:00

Restart After 20 Counts: During the run (4&) of section, head to the right in order to restart facing 12:00

Enjoy the dance!