拍数： 108
堷数： 2
级数：Phrased Advanced WCS
编舞者：Niels Poulsen（DK）－February 2014
音乐：Don＇t Start Lying to Me Now－Joss Stone

［10－17］R\＆L step touches（optional grinds），vine $1 / 4 R$ ，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 $1 / 4 R$ stepping $R$ fwd（5）9：00
6－7 Turn $1 / 2$ turn $R$ stepping back on $L$ sweeping $R$ another $1 / 2$ turn（hit the beat！）（6），step $R$ down （7）9：00
8\＆1 Step fwd on $L$（8），turn $1 / 2 R(\&)$ ，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 afull turning lock step！：turn $1 / 4 R$ stepping $L$ to $L$ side（6），cross $R$ over $L$（\＆），turn $1 / 4 R$ stepping
back on $L$（7），turn $1 / 2 R$ 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\＆$\quad$ 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 $1 / 4 R$ ，walk $L, R$ mambo step
2\＆$\quad$ 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 $1 / 4$ 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 $1 / 2 R$ stepping back on $L$ but continue turning another $1 / 2$ turn $R$ sweeping $R$ fwd（5），step down on $R$（6）12：00
7\＆Turn $1 / 2 R$ stepping back on $L$ but continue turning another $1 / 2$ turn $R$ sweeping $R$ fwd（7），step down on $R(\&)$ 12：00
8\＆1 Step fwd on $L$（8），turn $1 / 2 R$ 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

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 $\quad$ 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 $1 / 2$ 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 $1 / 2 L$ stepping onto $L(\&)$ 6:00
$5-6 \& \quad$ Step $R$ diagonally fwd $R(5)$, lock $L$ behind $R(6)$, step $R$ a small step fwd diagonally $R(\&)$ 6:00
7\&8\& $\quad$ 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 $1 / 2$ 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 $1 / 2 L$ 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 $1 / 2 L$, 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 $1 / 2 L$ 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] $1 / 4$ R ball cross, $1 / 4 L$, shuffle $R$ fwd, step $1 / 2$ turn $R$, $L$ lock step fwd
\&1-2 Turn $1 / 4 R$ stepping $L$ to $L$ side (\&), cross $R$ over $L$ (1), turn $1 / 4 L$ 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 $1 / 2 R$ stepping fwd on $R(6)$ 6:00
7\&8 Step L fwd (7), lock R behind L (\&), step Lfwd (8) 6:00
[17-24] Point with hip bumps turning $1 / 2$ turn $L X 2$, step $1 / 2 L, R$ kick ball change
$1 \& 2 \quad$ Turn $1 / 4 L$ pointing $R$ to $R$ side bumping hip up (1), bump hip down $L$ (\&), turn $1 / 4 L$ stepping $R$ back (2) 12:00
3\&4 Turn $1 / 4 L$ pointing $L$ to $L$ side bumping hip up (3), bump hip down $R(\&)$, turn $1 / 4 L$ stepping $L$ fwd (4) 6:00
5-6
Step $R$ fwd (5), turn $1 / 2 L$ 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 $1 / 2$ turn $L X 2$, step $1 / 2 L \times 2$
$1 \& 2 \quad$ Turn $1 / 4 L$ pointing $R$ to $R$ side bumping hip up (1), bump hip down $R(\&)$, turn $1 / 4 L$ stepping $R$ back (2) 6:00
3\&4 Turn $1 / 4 L$ pointing $L$ to $L$ side bumping hip up (3), bump hip down $L$ (\&), turn $1 / 4 L$ stepping $L$ fwd (4)12:00
5-6 Step R fwd (5), turn $1 ⁄ 2$ L stepping onto $L$ (6) 6:00

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 $2 n d$ C. Normally you would do a step $1 / 2$ 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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