Don't Slack

1-3

4-7

88

1-3

4-6

7-8

1-2



拍數: 96 牆數: 1 級數: Phrased High Improver 編舞者: Dea Oktovina (INA) - May 2020 音樂: Don't Slack - Anderson .Paak & Justin Timberlake : (from Trolls World Tour) Pattern: A A B C A A B C A-TAG-B C C C C The dance starts after 4 counts, right before the beat of the music started Section A: (32counts) I. VINE - TOUCH - BODY ROLL - CLOSE STEP - TOUCH TO LEFT Step R to right (1), step L behind R on ball (2), step R to right while upper body turn 1/8 to right facing 01.30 (3) Touch L to side while push upper body backwards and roll body down while upper body still facing 01.30 (4-7) Step R next to L (&), touch L to left on ball (8) II. TURN LEFT - FORWARD STEP - CLOSE STEPS, BODY ROLL WITH HAND ACTION, TURN RIGHT -SIDE STEP TO RIGHT - SIDE TOUCH Turn 3/8 to left then step L forward 09.00 (1), step R next to L (2), close L next to R then body weight is on both feet (3) Push upper body backwards and roll body down while both index fingers point forward with both thumbs up like holding 2 guns for 3 (three) counts (4-6) Turn 1/4 to right (12.00) then step R to right side (7), bend on R knee while touch L to left side as you look over R shoulder (8)

III. STEPS IN PLACE - PUSH HANDS FORWARD - HIP ROLL - HIP BUMP

bump hip to right side while L knee pop (1), hold (2)

1-3 Step L in place (1), step R in place (2), push both hands forward on hip level (3)

4-7 Roll hip around counter-clock wise for 4 counts (4-7)

88 Bump hip to right side while L knee pop (&), bump hip to left side while R knee pop(8)

IV. MODIFIED HIP BUMPINGS WITH HOLD - HIP BUMPS

3-4 bump hip to left side while R knee pop (3), hold (4) 5-6 bump hip to right side while L knee pop (5), bump hip to left side while R knee pop (6) 7-8 bump hip to right side while L knee pop (7), bump hip to left side while R knee pop(8)

Section B: (32 counts)

I. SIDE STEPS TO RIGHT WITH SHOULDER ACTIONS - V STEP

i. SIDE STEI STOTMOITI WITH SHOOLDER/ASTIONS VOIE				
1-2	Step R to right while R shoulder move upward and L shoulder move downward (1), step L			
	next to R while L shoulder move upward and R shoulder move downward (2)			
3-4	Step R to right while R shoulder move upward and L shoulder move downward (3), touch L			
	next to R while L shoulder move upward and R shoulder move downward (4)			
5-6	Step L outward diagonnaly to left-forward (5), step R outward diagonally to right-forward (6)			
7-8	Step L inward diagonally to backward (7), step R next to L (8)			

II SIDE STEPS TO LEET WITH SHOULDER ACTIONS - HIP SWAY

II. SIDE STEFS TO LEFT WITH SHOOLDEN ACTIONS - THE SWAT				
1-2	Step L to left while L shoulder move upward and R shoulder move downward (1), step R next			
	to L while R shoulder move upward and L shoulder move downward (2)			
3-4	Step L to left while L shoulder move upward and R shoulder move downward (3), touch R			
	next to L while R shoulder move upward and L shoulder move downward (4)			
5-6	Step R to right while hip sway to right (5), recover to L while hip sway to left (6)			
7-8	Recover to R while hip sway to right (7), recover to L while hip sway to left (8)			

III. MODIFIED FORWARD MAMBO WITH SLIDE BACKWARD - HOLD - MODIFIED CUMBIA STEP WITH

BEHIND		

1-4 Step R forward (1), recover to L (2), R make a big step backward (3), hold (4)

5-8 L step behind R (5), cross R in front of L (6), L make a big step to left side (7), hold (8)

IV. MODIFIED CUMBIA STEP WITH CROSS BEHIND AND SLIDE TO RIGHT – HOLD – SPOT TURN % - BODY RIPPLE

1-4 Step R behind L (1), cross L in front of R (2), R make a big step to right (3), hold (4)

5-6 Turn 1/4 to right (03.00) then L step forward (5), turn 1/2 to right (09.00) then R step forward

(6)

7-8 Step L next to R (7), push upper body backwards and roll body down (8)

Section C (32 counts)

I. TURN 1/4 TO RIGHT - BOUNCING HIP ACTIONS WITH HAND ACTION

1 turn ¼ to right (12.00) then R step to right drop R hip downward (1)

2-8 bounce R hip to upward (2), downward (3), upward (4), downward (5), upward (6), downward

(7), upward (8)

(Arm Action:

1-8 Point R index finger from left to right by straightening R arm to left side)

II. SIDE STEPS WITH HAND-CLAPPING ACTIONS

1-2 Step L to left (1), touch R next to L on ball while clap hands upward diagonally to left (2)

3-4 Step R to right (3), touch L next to R on ball while clap hands downward diagonally to right

(4)

5-6 Step L to left (5), touch R next to L on ball while clap hands downward diagonally to left (6)

7-8 Step R to right (7), touch L next to R on ball while clap hands upward diagonally to right (8)

III. MODIFIED ROCK WITH TOUCH AND ROLLING HIP ACTION

1-4 Touch L forward on ball with hip roll forward action (1), stepfully on L while continue to roll hip

forward (2), recover to R while rolling hip backward for 2 counts (3-4)

5-6 recover to L while hip-rolling forwarsd for 2 counts (5-6)

7-8 touch R next to L on ball (7), hold (8)

IV. FORWARD STEP - TOUCH - FORWARD STEP - TOUCH - BACKWARD STEP - TOUCH - BACKWARD STEP - TOUCH

1-2 Step R forward (1), touch L to left (2)

3-4 Step L forward (3), touch R to right (4)

5-6 Step R backward (5), touch L to left (6)

7-8 Step L backward (7), touch R to right (8)

TAG: (16 counts)

I. SIDE STEPS TO RIGHT WITH SHOULDER ACTION – FLICK – SIDE STEP TO LEFT WITH SHOULDER ACTIONS – FLICK

1-2 Step R to right while R shoulder move forward and L shoulder move backward (1), step L

next to R while L shoulder move forward and R shoulder move backward (2)

3-4 Step R to right while R shoulder move forward and L shoulder move backward (3), flick L

backward across R while L shoulder move forward and R shoulder move backward (4)

5-6 Step L to left while R shoulder move forward and L shoulder move backward (5), step R next

to L while L shoulder move forward and R shoulder move backward (6)

7-8 Step L to left while R shoulder move forward and L shoulder move backward (7), flick R

backward across L while L shoulder move forward and R shoulder move backward (8)

II. MODIFIED V STEP WITH HIPBUMPS ACTION AND CLOSED RUNNING ACTION - OUT STEPS

1&2 Step R outward diagonally forward to right (1), recover to L with hip-bumping action on L hip

(&), recover to R with outward hip-bumping action diagonally forward to right (2)

3&4 Step L outward diagonally forward to left (3), recover to R with hip-bumping action on L hip

(&), recover to L with outward hip-bumping action diagonally forward to left (4)

- 5& R step backward diagonally inward(5), L step next to R (&)
 6& R step next to L (6), L step next to R (&)
- 7-8 R step to right side (7), L step slightly to left side (8)

ENJOY THE DANCE

For more information, please contact me on: dea_oktovina@yahoo.co.id