Don't Blow Your Top

級數: Intermediate

編舞者: Ron Kill (UK)

拍數: 96

音樂: Straighten Up and Fly Right - Neal McCoy

SIDE SHUFFLE, CROSS SHUFFLE, SCISSORS; TWICE

- 1&2 Step right to side, step left together, step right to side
- 3&4 Cross left over right, step right to side, cross left over right
- 5-8 Step right to side, step left together, cross right over left, hold
- 9&10 Step left to side, step right together, step left to side
- 11&12 Cross right over left, step left to side, cross left over right
- 13-16 Step left to side, step right together, cross left over right, hold

BRUSH SAILOR STEP; TWICE

- 17 Swing right diagonally forward and brush it backwards next to left
- 18 Continue to move right through to step on ball of right foot behind left
- 19-20 Rock left to side, step on right in place
- 21 Swing left diagonally forward and brush it back next to right
- 22 Continue to move left through to step on ball of left foot behind right
- 23-24 Rock right to side, step on left in place

ROCK STEP, ½ TRIPLE TURN RIGHT, ROCK STEP, CLOSE

- 25-26 Rock right forward, recover onto left
- 27&28 Triple step with ½ turn right stepping right, left, right
- 29-32 Rock left forward, recover onto right, step left together, hold

SIDE BEHIND, FULL TURN TO SIDE; THREE TIMES

- 33-34Step right to side with slightly bent knees and arms diagonally out to sides, hold35-36Step left behind right and straighten up on toes, crossing arms across body, hold37Step right to side ¼ turn right with arms out at shoulder level38Swivel ½ turn right on ball of right foot and step left back, keeping arms out
- 39-40 Swivel ¼ turn right on ball of left foot and step right to side, keeping arms out, hold
- 41-42 Step left to side with slightly bent knees and arms diagonally out to sides, hold
- 43-44 Step right behind left and straighten up on toes, crossing arms across body, hold 45 Step left to side ¼ turn left with arms out at shoulder level
- 46 Swivel ¹/₂ turn left on ball of left foot and step right back, keeping arms out
- 47-48 Swivel ¼ turn left on ball of right foot and step left to side, keeping arms out, hold
- 49-56Repeat counts 33-40

CROSS STRUT, BACK, SIDE, SCISSORS

- 57-58 Cross left toe over right, snap heel to floor
- 59-60 Step right back, step left to side
- 61-64 Step right to side, step left together, cross right over left; hold

SIDE BEHIND, FULL TURN TO SIDE; THREE TIMES

- 65-80 Repeat counts 41-56
- 81-88 Repeat counts 41-48





牆數:2

CROSS STRUT, BACK, SIDE, SCISSORS

- 89-90 Cross right toe over left, snap heel to floor
- 91-92 Step left back, step right to side
- 93-96 Step left to side, step right together, cross left over right, hold

REPEAT

TAG

After dancing the above sequence twice, dance beats 1-32, then start again from beat 1.