Don't Rush

級數: Improver / Intermediate

- 編舞者: Paula Frohn (USA) December 2012
 - 音樂: Don't Rush (feat. Vince Gill) Kelly Clarkson

牆數:4

One Restart: on the 4th set, after 16 ct, you'll be facing facing 6 o'clock wall*

Side-Rock Back-Replace, Shuffle Forward, Rock Forward, Replace, Shuffle Back

- 1-3 Step LF side, rock back on RF, replace forward on LF
- 4&5 Step RF forward, lock LF behind RF, step RF forward
- 6-7 Rock LF forward, replace back on RF
- 8&1 Step LF back, step RF next to LF, step LF back

Turn ¼ Right, Swap R then L, Triple Side Right, Cross Rock, Triple Side Left

- 2-3 Turn ¼ right, sway side right then sway side left
- 4&5 Step RF side. Step LF next to RF, step RF side
- 6-7 Cross rock LF in front of RF, replace on RF
- 8 Step LF side
- & Step RF next to LF (*on 4th set, after 16 ct, facing 6 o'clock, restart)
- 1 Step LF side

Cross Rock, Triple ¼ Right, Pivot ½ Right, Full Turn, Step LF Forward

- 2-3 Cross rock RF in front of LF, replace on LF
- 4&5 Step RF side, step LF next to RF, turn ¼ right & step RF forward
- 6-7 Step LF forward, pivot ½ right change weight to RF
- 8 Turn ½ right, step LF back
- & Turn ¹/₂ right, step RF forward
- 1 Step LF forward

Variation to 8&1: Shuffle left forward

Rocking Chair Right, Step RF Forward, Pivot ¼ Left, Cross Step

- 2-3 Rock RF forward, replace weight onto LF
- 4-5 Rock RF back, replace weight onto LF
- 6-7 Step RF forward, pivot ¼ left change weight to LF
- 8 Cross RF in front of LF

Start Over!

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拍數: 32