Don't Bother

級數: High Beginner

拍數: 64 編舞者: Sally Hung (TW) - August 2014

音樂: Don't Bother - Shakira

Sequence of dance:

Restart after finishing S3 of wall 3, facing 12:00 Restart after finishing S2 of wall 6, facing 6:00

Start to dance :16 counts after heavy drums beat (approxi 23 secs)

S1. POINT, TOGETHER, POINT, TOGETHER, ROCK FWD RECOVER, COASTER STEP

- 1,2,3,4 Touch R toes to R side, step R beside L, touch L toes to L side, step L beside R
- 5,6,7&8 Rock R fwd, recover onto L, step back on R, step L beside R, step R fwd

S2. POINT, TOGETER, POINT, TOGETHER, ROCK FWD RECOVER, COASTER STEP

- 1,2,3,4 Touch L toes to L side, step L beside R, touch R toes to R side, step R beside L
- 5,6,7&8 Rock L fwd, recover onto R, step back on L, step R beside L, step L fwd

S3. DIAGONALLY R STEP, LOCK, FWD LOCK STEP, DIAGONALLY L STEP, LOCK, FWD LOCK STEP

- Step R fwd to R diagonal, lock step L behind R, step R fwd to R diagonal, lock step L behind 1,2,3&4 R, step R fwd to R diagonal
- Step L fwd to L diagonal, lock step R behind L, step L fwd to L diagonal, lock step R behind 5,6,7&8 L, step L fwd to L diagonal

S4. BACK SHUFFLE, ½ L TURN FWD SHUFFLE, ROCKING CHAIR

- Back shuffle on RLR, 1/2 turn L fwd shuffle on LRL 1&2,3&4
- 5,6,7,8 Rock R fwd, recover onto L, rock back on R, recover onto L

S5. SIDE BEHIND SIDE TOUCH, LEFT ROLLING VINE, TOUCH

- 1,2,3,4 Step R to R side, step L behind R, step R to R side, touch L to L side
- Turn ¼ L stepping L fwd, turn ½ L stepping R back, make ¼ turn L and step L to L side, 5,6,7,8 touch R to R side

S6. KICK BALL CHANGE X2, OUT OUT IN IN

- Kick R, step on R, step on L, kick R, step on R, step on L 1&2,3&4
- Step R slightly fwd, step L to L side(shoulder width), step R back in, step L together 5,6,7,8

S7. CHASSAE R, ROCK BACK, RECOVER, SWAY LRL, KICK

- 1&2,3,4 Step R to R side, step L beside R, step R to R side, rock L behind R, recover onto R
- 5,6,7,8 Step L to L side(weight on L) and change weight L,R,L, kick R diagonal L fwd

S8. RUMBA BOX FWD, RUMBA BOX BACK

- 1,2,3,4 Step R to R side, step L beside R, step R fwd, touch L beside R,
- 5,6,7,8 Step L to L side, step R beside L, step L back, touch R beside L

Enjoy the dance!

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牆數:2