

Don't

32 Count, 4 Wall, Improver

Choreographer: Hans Palm (Sweden) August 2014

Choreographed to: Don't by Ed Sheeran
(95 bpm - 3:39 - iTunes)

Intro: 16 counts, the dance starts after the second "Ah lahmlahlah"

S1: WALK R L, SYNCOPATED LOCK STEPS x 2, ROCK R + ¼ R, ¼ R + WALK L

- 1,2 Walk R (1), walk L (2)
&3&4 Lock R behind L (&), step forward on L (3), lock R behind L (&), step forward on L (4)
5,6 Rock forward on R (5), recover on L and turn ¼ R (6) 3:00
7,8 Turn ¼ and step forward on R (7), walk L (8) 6:00

S2: WALK R L, OUT OUT IN IN, HIP ROLL R, HIP ROLL L

- 1,2 Walk R (1), walk L (2)
&3&4 Step R out to R side (&), step L out to L side (3), step R back in (&), step L in next to R (4)
(easy option to out out in in is walk R L on the spot on 3 and 4)
5,6 Step R slightly to the R side and start anticlockwise hip roll from L to R side (5), finish hip roll to R side
(styling, lift L hip upwards on 6)
7,8 Start clockwise hip roll from R to L side (7), finish hip roll to L side (8)
(styling, lift R hip upwards on 8)

S3: GRAPEVINE R WITH TOUCH, ROLLING VINE L WITH TOUCH (OR GRAPEVINE)

- 1,2 Step R to R side (1), step L behind R (2)
3,4 Step R to R side (3), touch L foot next to R foot (4)
5,6 Turn ¼ L stepping on L (5), turn ¼ L on R (6) 12:00
7,8 Turn ½ L stepping on L (7), touch R foot next to L foot (8) 6:00
(easy option, grapevine L with touch instead of rolling vine on 5-8)

S4: ROCKING CHAIR, TURNING HIP ROLLS 1/8 L x 2

- 1,2 Rock forward on R (1), recover on L (2)
3,4 Rock back on R (3), recover on L (4)
5,6 Turn 1/8 L with a small step on R and start anticlockwise hip roll from L side to R side (5), continue hip roll forward to starting point at L side (6) 4:30
7,8 Turn 1/8 L with a small step on R and continue hip roll from L to R side (7), finish hip roll (8) 3:00
(easy options to hip rolls are two 1/8 pivot turns or paddle turns on 5-8)

**ENDING (optional) Finish last hip roll with a fast turn to the front wall
(ending with L foot in front of R foot, weight on both feet)**

This dance has some easy options. The music is rather slow though so most dancers should be able to do the original choreography after some practicing.