

DON'T TELL ME WHAT TO DO

Music: Heidi Hauge
www.musicmp3.ru/Best Of Heidi Hauge CD 2
Track # 1 Time 3:19 Slow Down w/ -7%

Rhythm : Foxtrot **Phase:** III + 1 (*Diamond Turn*)

Footwork : Opposite except where (Noted)

Release Date: Oct 2015

Choreo: Jos Dierickx Beverlosestwg 14B2 3583 Paal Belgium

Email : jos.dierickx@telenet.be

SEQUENCE: INTRO AB INTRO AB B END



INTRO

CL POS DLW LEAD FOOT FREE START ON THE 2^{de} GUITAR NOTE

01-04 LEFT TURNING BOX ; ; ; ;

{**Left Trng Box**} Fwd L trng ¼ LF, -, sd R, cl L DLC ; Bk R trng ¼ LF to DRC, -, sd L, cl R ; Repeat meas 1,2 Intro to DRW & DLW ; ;

PART A

01-04 HOVER ; PICK UP SIDE CLOSE ; PROGRESSIVE BOX ; ;

{**Hover**} Fwd L, -, sd & fwd R w/ rise, rec fwd to SCP LOD ; {**PU Sd Cl**} Sm fwd R, -, sd L, cl R (*W trng LF fwd L in frnt of M, -, cont trn sd R, cl L*) to CP LOD ; {**Progr Box**} Fwd L to LOD, -, sd R, cl L ; Fwd R to LOD, -, sd L, cl R ;

05-08 2 LEFT TURNS ; ; BOX ; ;

{**2 Left Trns**} Trng LF fwd L, -, sd R, cl L to CP RLOD ; Cont LF trn bk R, -, sd L, cl R to CP WALL ; {**Box**} Fwd L, -, sd R, cl L ; Bk R, -, sd L, cl R ;

09-12 VINE 3 ; MANUEVER ; IMPETUS to SCP ; PICK UP SIDE CLOSE ;

{**Vine 3**} Sd L, -, XRib (*W XLib*), sd L ; {**Manuever**} Fwd R trng RF, -, sd L, cl R to CP RLOD ; {**Impetus to SCP**} Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to SCP LOD ; {**PU Sd Cl**} Repeat meas 2 Part A ;

13-16 THREE STEP ; FWD FACE CLOSE to BFLY ; TWIRL VINE 3 ; CHAIR RECOVER & SIDE ;

{**Three Step**} Fwd L w/ heel ld, -, fwd R w/ heel ld risg to ball of foot, fwd L ; {**Fwd Fc Cl**} Fwd R comm RF trn, -, sd L cont RF trng to fc prt, cl R to BFLY WALL ; {**Twirl Vine 3**} Sd L, -, XRib, sd L (*W full RF trn undr jnd ld hnds fwd R, -, sd & bk L, fwd R*) to SCP LOD ; {**Chair Rec & Sd**} Thru R with lunge action (*W thru L with lunge action*), -, rec L, sd R trng to fc prt & WALL ;

PART B

01-04 HOVER ; THRU SIDE BEHIND ; ROLL 3 to SCP ; THRU FACE CLOSE ;

{**Hover**} Repeat meas 1 Part A ; {**Thru Sd Behind**} Thru R, -, sd L to fc prt, XRib (*W XLib*) to BFLY ; {**Roll 3 to SCP**} [Releasing both hands] Rollg LF (*W RF*) down LOD fwd L to fc RLOD, -, cl R sping on toe to fc LOD, fwd L to SCP LOD ; {**Thru Fc Cl**} Thru R trn RF, -, (*W thru L trn LF*) sd L, cl R to CP WALL ;

05-08 QUICK VINE 4 ; SIDE DRAW & CLOSE ; WHISK ; WING to SCAR ;

{**Qk Vine 4**} [QQQQ] Sd L, XRib (*W XLib*), sd L, XRif (*W XLif*) ; {**Sd Draw & Close**} [S,S] Sd L, -, draw R & Close to CP WALL, - ; {**Whisk**} Fwd L, -, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP DLC ; {**Wing to SCAR**} Fwd R, -, draw L twd R, tch L to R trn upper bdy LF w/ L sd stretch (*W fwd L begin to X-ing in frnt of M trn slightly LF, -, fwd R arnd M cont trn slightly LF, fwd L arnd M cont trn slightly LF*) to SCAR DLW ;

09-12 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; PICK UP SIDE CLOSE ;
{Cross Hover to BJO SCAR & SCP} XLif, -, sd R rise trn LF, rec L to BJO DLC ; XRif, -, sd L rise trn RF, rec R to SCAR DLW ; XLif, -, sd R hvrg, rec L (*W XRib, -, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; {PU Sd Cl} Repeat meas 2 Part A to DLC ;

13-16 DIAMOND TURN 3 QUARTERS ; ; ; BACK ½ BOX to BFLY ;
{Diamond Trn 3 Qtrs} Fwd L, -, trng ¼ LF sd R, bk L to fc DRC ; Bk R, -, trng ¼ LF sd L, fwd R to fc DRW ; Repeat meas 13 Part B to fc DLW ; {Bk ½ Box to BFLY} Bk R, -, sd L, cl R to BFLY WALL ;

17-20 TWIRL VINE 3 ; THRU FACE CLOSE to BFLY ; SOLO TURN 6 to CP WALL ; ;
{Twirl Vine 3} Repeat meas 15 Part A ; {Thru Fc Cl to BFLY} Repeat meas 4 Part B to BFLY WALL ; {Solo Trn in 6 to CP} [Releasing both hands] Twd LOD fwd L trn away from ptr, -, sd R cont LF trn, cl L to SD-BY-SD RLOD ; Bk R cont LF trn, -, sd L, cl R to CP WALL ;

ENDING

01-04 HOVER ; THRU SIDE BEHIND ; ROLL 3 to SCP ; THRU FACE CLOSE ;
{Hover} Repeat meas 1 Part A ; {Thru Sd Behind} Repeat meas 2 Part B ; {Roll 3 to SCP} Repeat meas 3 Part B ; {Thru Fc Cl} Repeat meas 4 Part B ;

05-06 QUICK VINE 4 to a LEFT LUNGE HOLD ;
{Qk Vine 4} Repeat meas 5 Part B ; {Left Lunge & Hold} Sd & fwd L w/ soft [flexed] knee and slight RF upper body rotation, -, -, -;