

DON'T DO ME WRONG

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 Music : "Don't Do Me Wrong" Ballroom Stars Vol 4 CD 2 Track 3
 Rhythm : West Coast Swing ph IV+2 (Whip, Cheek to Cheek)
 Speed : Sow Down(-6%) Date: January 2015 Ver 1.3
 Footwork : Opposite, directions for man(lady as noted)
 Sequence: Intro - A - A - B - A - C - B - Amod



Meas INTRO

1~ 4 Bk to Bk M fc RLOD(W fc LOD) lead foot free Wait;;
Sd Break & X Unwind Fc; Sailor Shuffle Twice;

1- 2 Bk to Bk position M fc RLOD(W fc LOD) lead foot free wait 2 meas;;
 Q&Q&- 3 (Sd Break & X Unwind Fc) Sd L/sd R, cl L/XRIF, unwind LF fc partner and LOD,-;
 Q&QQ&Q 4 (Sailor Shuffle) XLIB of R/sd R, rec L, XRIB of L/sd L, rec R lead hands
 joined;

Meas PART A

1~ 8 Sugar Push,;, Tuck & Twirl to Hammerlock,;; Underarm Trn,;,
L Sd Pass,;; Whip Freeze,;, Swivel Fc;

QQQQ 1- 3 (Sugar Push) Bk L, bk R, tap L trail hand palm tch, rec fwd L; hip rk action
 Q&Q small stp bk R/rec L, bk R(W fwd R, fwd L, left shoulder lead tap R behind
 L trail hand palm tch, rec bk R; hip rk action bk L/rec R, bk L),
 QQQQ (Tuck & Twirl to Hammerlock) Bk L, bk R low Bfly; Tch L to R, small fwd L lead
 Q&Q W RF twirl under lead hands(W fwd R, fwd L slight LF trn to low Bfly, tch R to
 L, commence RF trn fwd R RF spin under lead hand), Hip rk action small stp bk
 R/rec L, bk R, (W cont trn fc RLOD hip rk action bk L/rec R, bk L) end hummerlock
 position fc LOD;
 QQQ&Q 4- 6 (Underarm Trn) Bk L, rec R slightly XIF of L commence RF trn, sd L lead W LF trn
 Q&Q under lead hand/rec R cont RF trn, fwd L fc RLOD; Hip rk action small stp bk
 R/rec L, bk R(W fwd R, fwd L commence LF trn under lead hand, cont LF trn sd
 R/XLIF of R, cont trn sd & bk R fc LOD; Hip rk action small stp bk L/rec R, bk
 L);
 QQQ&Q (L Sd Pass) Commence LF trn sd & bk L, rec R; sd L/cl R, sd & fwd L fc LOD,
 Q&Q hip rk action small stp bk R/rec L, bk R(W fwd R, fwd L commence LF trn;
 cont LF trn sd R/XLIF of R, cont trn sd & bk R fc RLOD, hip rk action bk L/
 rec R, bk L) LOP-Fc/LOD;
 QQQ&Q 7- 8 (Whip Freeze) Bk L, rec R slightly XIF of L blend CP 1/4 RF trn, sd L cont RF
 trn/rec fwd R cont RF trn, cont trn sd & fwd L fc RLOD(W fwd R, fwd L 1/2 RF
 trn fc LOD, bk R/cl L, fwd R) to CP blend wide hold;
 Q- XRIF of L lunge twd RLOD(W sd L lunge twd LOD),-,
 --- (Swivel Fc) Swivel RF on R fc partner & LOD,-;

Meas PART B

1~ 8 Chicken Walk 4S;; Wrapped Whip;; Sugar Push w/Rks;;
Cheek to Cheek w/Slow Ronde & Cl;;

SS 1 (Chicken Walk 4S) Small stp bk L(W swivel RF on L fwd R),-, bk R(W swivel LF
 on R fwd L),-;
 SS 2 Repeat meas 1 of Part B;
 QQQ&Q 3- 4 (Wrapped Whip) Bk L, rec R slightly XRIF of L blend Bfly, sd L commence RF trn
 QQQ&Q start lead W Wrap/rec fwd R cont RF trn, cont trn sd & fwd L Wrapped position
 fc RLOD(W fwd R, fwd L, fwd R/cl L, bk R); XRIB of L commence RF trn, cont RF
 trn fwd L fc LOD, hip rk action small stp bk R/rec L, bk R(W bk L, bk R, hip
 rk action bk L/rec R, bk L) LOP-Fc/LOD;
 QQQQ 5- 6 (Sugar Push w/Rks) Bk L, bk R, tap L trail hand palm tch, rk fwd L; rec R, fwd
 QQQ&Q L, hip rk action small stp bk R/rec L, bk R(W fwd R, fwd L, left shoulder lead
 tap R behind L trail hand palm tch, rk bk R; Rec L, bk R, hip rk action bk
 L/rec R, bk L);
 QQ-Q 7- 8 (Cheek to Cheek w/Swivel Ronde & Cl) Bk L, rec fwd R commence RF trn 1/4, lift
 left knee up cont RF trn tching left hip to W's right hip, XLIF of R;
 --S Swivel LF on L right foot fan CCW,-, fc partner cl R LOP-Fc/LOD,-;

Meas

PART C

1~ 8 R Trning Basic;, Throwout,;; Kick Ball Chg Twice; Whip Trn; w/Hook Unwind Bk to Bk; Sd Break & X Unwind Fc; Sailor Shuffle Twice;

- 1- 3 (R Trning Basic) Bk L, rec R blend CP 1/4 RF trn, sd L cont RF trn/cl R, sd L
 QQQ&Q fc COH(W fwd R, fwd L 1/4 RF trn, sd R cont RF trn/cl L, sd R to CP fc Wall);
 Q&Q Sd R/cl L, sd R,
 QQQ&Q (Throw Out) Blend SCP/RLOD rk bk L, rec R; Sd & fwd L/cl R, sd & fwd L, hip rk
 Q&Q action small stp bk R/rec L, bk R(W blend SCP/RLOD rk bk R, rec L; Commence RF
 trn sd R/cl L, cont LF trn sd & bk R fc LOD, hip rk action small stp bk L/rec
 R, bk L) LOP-Fc/RLOD;
 Q&QQ&Q 4 (Kick Ball Chg Twice) Kick fwd L/cl L, stp in place R, Kick fwd L/cl L, stp
 in place R;
 QQQ&Q 5- 6 (Whip Trn w/Hook Unwind Bk to Bk) Bk L, rec R slightly XIF of L blend CP 1/4 RF
 trn, sd L cont RF trn/rec fwd R cont RF trn, cont trn sd & fwd L fc LOD
 (W fwd R, fwd L 1/2 RF trn fc RLOD, bk R/cl L, fwd R to CP);
 QQQ- XRIB of L commence 1/2 RF trn fc RLOD, fwd L, hook XRIB of L, unwind 1/2 RF
 trn(W commence RF trn bk L, bk R cont RF trn fc LOD, hook XLIB of R, unwind
 1/2 LF trn) shift weight on trail foot Bk to Bk position M fc LOD;
 Q&Q&- 7 (Sd Break & X Unwind Fc) Sd L/sd R, cl L/XRIF, unwind LF fc partner and RLOD,-;
 Q&QQ&Q 8 (Sailor Shuffle) XLIB of R/sd R, rec L, XRIB of L/sd L, rec R lead hands
 Joined LOP-Fc/RLOD;

9~16 R Trning Basic;, Throwout,;; Kick Ball Chg Twice; Whip Trn; w/Hook Unwind Bk to Bk; Sd Break & X Unwind Fc; Sailor Shuffle Twice;

9-16 Repeat meas 1-8 of Part C start fc RLOD end fc LOD:::::::::

Meas

PART Amod

1~ 8 Sugar Push;, Tuck & Twirl to Hammerlock,;; Underarm Trn,;, L Sd Pass,;; Whip Freeze,;

- 1- 6 Repeat meas 1-6 of Part A;::::;
 7- 8 (Whip Freeze) Bk L, rec R slightly XIF of L blend CP 1/4 RF trn, sd L cont RF
 QQQ&Q trn/rec fwd R cont RF trn, cont trn sd & fwd L fc RLOD(W fwd R, fwd L 1/2 RF
 trn fc LOD, bk R/cl L, fwd R) to CP wide hold;
 Q--- XRIF of L lunge twd RLOD(W sd L lunge twd LOD), Hold,-,-;