

Do Your Thing

拍数: 64 墙数: 4 级数: Improver
编舞者: Zana Barzdziuviene (LIT) - July 2015
音乐: Do Your Thing - Basement Jaxx : (YouTube - 4:18)



Intro: Start on vocals

(1-8) Modified L jazz box, L step to L side, modified R jazz box, R step to R side

- 1-4 Cross L over R (1), recover on R (2), step L to L side (&), cross R over L (3), step L to L side (4)
5-8 Cross R over L (5), recover on L (6), step R to R side (&), cross L over R (7), step R to R side (8)

(9-16) Full turn R, mambo R fwd, walk backwards x 2 (R,L), sailor step ¼ turn R

- 1-4 Turn ½ R stepping L back (1), turn ½ R stepping R fwd (2), rock L fwd (3), recover on R (&), step L back (4)
5-8 Walk backwards R (5), walk backwards L (6), sweep and cross R behind L (7), close L next to R with ¼ turning R (&), step R fwd (8) □(3:00)

(17-24) Walk fwd x 2 (L,R), mambo L ¼ turn L, syncopated weave to L side

- 1-4 Walk fwd L (1), walk fwd R (2), rock L fwd (3), recover on R (&), turn ¼ L stepping L to L side (4)
5-8 Cross R behind L (5), step L to L side (&), cross R over L (6), step L to L side (&), cross R behind L (7), step L to L side (&), cross R over L (8) (12:00)

(25-32) Big step to L side, close R next to L, kick ball touch; mirror to R side

- 1-4 Make L big step to L side (1), close R next to L (2), kick L fwd (3), step L next to R (&), touch R next to L (4)
5-8 Make R big step to R side (5), close L next to R (6), kick R fwd (7), step R next to L (&), touch L next to R (8)

(33-40) Unwind ½ R, walk fwd x 2 (R,L), unwind ½ L, walk fwd x 2 (L,R)

- 1-4 Lock L across R (1), unwind ½ R (ending with weight on L) (2), walk fwd R (3), walk fwd L (4)
5-8 Lock R across L (5), unwind ½ L (ending with weight on R) (6), walk fwd L (7), walk fwd R (8)

(41-48) Syncopated vine to R side, R rock, recover; mirror to L side

- 1-4 Cross L over R (1), step R to R side (&), cross L behind R (2), step R to R side (&), cross L over R (3), rock R to R side (&), recover on L (4)
5-8 Cross R over L (5), step L to L side (&), cross R behind L (6), step L to L side (&), cross R over L (7), rock L to L side (&), recover on R (8)

(49-56) Pivot ½ R, lock steps L fwd, pivot ½ L, lock steps R fwd

- 1-4 Step fwd on L ball (1), turn ½ R (2), step L fwd (3), lock R behind L (&), step L fwd (4)
5-8 Step fwd on R ball (5), turn ½ L (6), step R fwd (7), lock L behind R (&), step R fwd (8)

(57-64) Big step to L side with ¼ turning L, close R next to L, kick ball touch; big step to R side, close L next to R, kick ball touch

- 1-4 Make L big step to L side with ¼ turning L (1), close R next to L (2), kick L fwd (3), step L next to R (&), touch R next to L (4)
5-8 Make R big step to R side (5), close L next to R (6), kick R fwd (7), step R next to L (&), touch L next to R (8) □(9:00)

Start again

Tag (16 counts) after 4th wall facing 12:00:

(1-8) Moving backwards: cross L behind R, touch R to R side; cross R behind L, touch L to L side

1-4 Cross L behind R (bend knees) (1), touch R to R side (unbend knees) (2), cross R behind L (bend knees) (3), touch L to L side (unbend knees) (4)

5-8 Repeat counts 1-4

(9-16) Moving forwards: cross L over R, touch R to R side; cross R over L, touch L to L side

1-4 Cross L over R (bend knees) (1), touch R to R side (unbend knees) (2), cross R over L (bend knees) (3), touch L to L side (unbend knees) (4)

5-8 Repeat counts 1-4

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