

Do What I Do

拍数: 112 墙数: 2 级数: Intermediate / Advanced
编舞者: Scott Blevins (USA) & Fred Whitehouse (IRE) - November 2019
音乐: Do What I Do - Lady Bri : (Album: Makin' a Move)



#16 count intro after she says "let me introduce...ME"

Sequence: Intro – entire dance – entire dance – entire dance omitting counts 33-48 - repeat 97-112

[1-9] STEP, HOOK, ¾ UNWIND, TRIPLE FWD, ROCK, RECOVER w/SWEEP, ¼ SAILOR

&1,2,3 (&) Step R fwd; 1) Hook L behind R; 2-3) Unwind ¾ left transferring weight to L [3:00]
4&5,6,7 && 5) Triple R-L-R fwd; 6) Rock L fwd; 7) Recover to R sweeping L back
8&1 8) Turn ¼ left stepping ball of L behind R; (&) Step ball of R to right; 1) Step L to left pushing hips left [12:00]

[10-16] HIP, HIP, CROSS AND COLLECT, DIP, ¼ BACK, ½ FWD

2,3,4&5 2) Push hips right; 3) Push hips left; 4) Step R across L; (&) Step ball of L back toward 7:30; 5) Step ball of R beside L [1:30]
6,7,8 6) Step L across R bending L knee and square up to 12:00; 7) Turn ¼ left stepping R back; 8) Turn ½ left stepping L fwd [3:00]

[17-24] ½ BACK, HOOK, FWD, FWD, ¼ OUT OUT, HEELS RIGHT, HEELS LEFT, HEELS RIGHT

1,2,3,4 1) Turn ½ left stepping R back; 2) Hook L across R shin; 3) Step L fwd; 4) Step R fwd but slightly across L [9:00]
&5 (&) Turn ¼ right stepping L back and left; 5) Step R to right ending with weight on both feet and heels turned slightly left [12:00]
6,7,8 6) Twist heels right; 7) Twist heels left; 8) Twist heels right (facing 12:00 but heels are turned slightly right w/hips open to 10:00)

[25-32] DIP w/PUSH, FLICK, STEP, ½ PIVOT, ¼ POINT, HOLD, SWITCH AND SWITCH

&1&2 (&) Push hips slightly fwd toward 10:00 bending knees; 1) Dip hips down pushing derrière back over R heel; (&) Raise up straightening both knees rotating body left to face 9:00; 2) Flick R foot back and up (&1&2 is a smooth continuous round movement) [9:00]
3,4,5,6 3) Step R fwd; 4) Turn ½ left taking weight on L; 5) Turn ¼ left pointing R to right; 6) Hold [12:00]
&7&8 (&) Step ball of R beside L; 7) Point L to left; (&) Step ball of L beside R; 8) Point R to right [12:00]

[33-40] FWD 2X, BACK 2X, BRUSH 2X, FWD 2X, BACK 2X, BRUSH 2X (NOTE: Omit this section on 3rd rotation,)

&1&2 (&) Step R fwd; 1) Step L parallel to R but apart; (&) Step R back; 2) Step L parallel to R but apart with weight on both feet
3-4 (3-4) Rotate body left from waist up looking over L shoulder and brush L shoulder 2X with R fingers
&5-8 Repeat &1&2,3,4 but look R and brush R shoulder with L fingers

[41-48] CONTINUOUS SAILORS, BEHIND OUT OUT, HOLD, BODY ROLL (NOTE: Omit this section on 3rd rotation,)

1&2 1) Step ball of R behind L; (&) Step ball of L to left; 2) Step R to right
&3& (&) Step ball of L behind R; 3) Step ball of R to right; (&) Step L to left
4&5,6 4) Step ball of R behind L; (&) Step L fwd and left; 5) Step R fwd and out to right (weight on both feet) bringing hands up to shoulders with palms facing fwd; 6) Hold
7-8 (7-8) Body roll down from chest into a slight sit.

[49-56] CROSS, SWEEP, CROSS, ¼ BACK, ¼ ROCK, TORQUE, ¼ RECOVER, ½ BACK

- 1,2,3,4 1) Step R across L; 2) Sweep L fwd; 3) Step L across R; 4) Turn ¼ left stepping R back [9:00]
 5-6 5) Turn ¼ left rocking L to left; 6) Torque body left from waist up while bringing R hand across chest level w/palm facing fwd [6:00]
 7-8 7) Turn ¼ right recovering to R; 8) Turn ½ right stepping L back [3:00]

[57-64] ¼ FWD, SWEEP, CROSS, ¼ BACK, BACK, DRAG, ¼ BALL CROSS AND CROSS

- 1,2,3,4 1) Turn ¼ right stepping R fwd; 2) Sweep L fwd; 3) Step L across R; 4) Turn ¼ left stepping R back [3:00]
 5-6 5) Step L back; 6) Drag R back toward L
 &7&8 (&) Step ball of R beside L; 7) Turn ¼ left stepping L across R; (&) Step ball of R to right; 8) Step L across R [12:00]

[65-72] BUMP, STEP, BUMP, STEP, ¼ BUMP, STEP, ¼ BUMP, STEP

- 1,2,3,4 1) Touch R to right w/hip bump; 2) Step R beside L; 3) Touch L to left w/hip bump; 4) Step L beside R
 5,6,7,8 5) Turn ¼ left touching R to right w/hip bump; 6) Step R beside L; 7) Turn ¼ left touching L fwd w/hip bump; 8) Step L fwd [6:00]

[73-80] FWD, ½ BACK, COASTER, ¼ BIG SIDE, DRAG, ¼ FWD, ½ PIVOT

- 1,2,3&4 1) Step R fwd; 2) Turn ½ right stepping L back; 3) Step R back; (&) Step L beside R; 4) Step R fwd [12:00]
 5,6,7,8 5) Turn ¼ right stepping L big to left; 6) Drag R to L; 7) Turn ¼ left stepping R fwd; 8) Turn ½ left taking weight on L [6:00]

[81-88] BUMP AND BUMP, TAP, TAP, FLICK, BUMP AND BUMP, TAP, TAP, FLICK

- 1&2,3&4 1) Step R to right bumping hips right; (&) Return hips to center; 2) Bump hips right; 3) Tap L behind R; (&) Tap L to left; 4) Flick L behind R calf
 5-8 (5&6-7&8) Repeat 1- 4 to left.

[89-96] OUT OUT, HOLD, SHOULDER, SHOULDER, STEP, ½ PIVOT, WALK, WALK

- &1,2,3,4 (&) Step R fwd out to right; 1) Step L fwd out to left; 2) Hold; 3) Roll L shoulder back; 4) Roll R shoulder back
 5,6,7,8 5) Step R fwd; 6) Turn ½ left taking weight on L; 7-8) Walk fwd R-L [12:00]

[97-112] Repeat 81-96

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