

Do It!

拍数: 52 墙数: 4 级数: Intermediate
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音乐: Do It (Single Mix) - The BossHoss



Start on vocals (24 counts Intro) CCW

[1 - 8] R Anchor Step, L Back Rock, L Triple Full-Turn, 2 Walks R, L

1 & 2 R Behind L Heel (To Inside Edge) , Weight On L, Weight Back On R
3, 4 L Back, Weight Back On R
5 & 6 L Step ¼ Turn R, R ½ Turn R, L Step ¼ R (12.00)
7, 8 R Step Forward, L Step Forward

[9 - 16] Rumba-Box, R Out, L Out, R Cross Behind L, ½ Turn R On Spot

1 & 2 R Step To R, L Next To R, R Step Back
3 & 4 L Step To L, R Next Zu L, L Step Forward
5, 6 R Shoulder Wide To R, L Shoulder Wide To L
7, 8 R Touch Behind L, On Both Feet ½ Turn R On Spot With A Bounce In The End (6.00)

[17 - 24] R Kick, Step, L Touch L, L Kick, Step, R Touch R, Syncopated Diagonal Rocking Chair, 3 Diagonal Running Steps R, L, R

1 & 2 R Kick Forward, R Step Forward, L Point To L Side
3 & 4 L Kick Forward, L Step Forward, R Touch To R Side
5&6& R Rock Diagonal Forward (4.30), Weight Back On L, L Rock Diagonal Backwards (10.30),
Weight Back On L

Tag & Restart: 5th Wall, You Make 1/8 Turn R (6.00) With 2 Steps Forward R, L (7, 8)

Restart

7 & 8 Running Steps Diagonal Forward, R, L, R (4.30)

[25 - 32] L Jazz-Box 1/4 Turn L With Touch, 2 X ½ Monterey-Turn Back R, L

1 - 4 L Across R, R ¼ Turn L, L Step To L, R Touch Next To L (3.00)

(Option: Clappin' Hands On Count 4)

5, 6 R Point To R, On Ball Of L ½ Turn R (Backwards) & Stepping R Next To L (9.00)
7, 8 L Point To L, On Ball Of R ½ Turn L (Backwards)& Stepping L Slightly Forward (3.00)

[33 - 40] 3 Steps Back, Hip Bumps, 3 Steps Forward, R ½ Turn R, L Step

1, 2 R, L Back
3&4 R Back With Hip Bump (3), L Hip Bumpin' Forward (&), R Hip Bumpin' Back (4)
5, 6 L, R Step Forward
7 & 8 L Step, R Step ½ Turn R, L Step (9.00)

Restart: 3rd wall (3.00)

[41 - 48] R Scuff, Hitch, Step, L Scuff, Hitch, Step, Sway Hip R, L With R Flick Behind L, R Shuffle ¼ R

1 & 2 R Scuff, R Hitch, R Stepping To R (Shoulderwide)
3 & 4 L Scuff, L Hitch, L Stepping To L (Shoulderwide)
5, 6 Sway Hips To R, Sway Hips To L With A L Flick Behind R Leg
7 & 8 R ¼ Turn R, L Next To R, R Step Forward (12.00)

[49 - 52] L Step Forward, R Step ¼-Turn, L Triple-½-Turn L (¾ Circle Run R)

1, 2 L Step, R ¼ Turn R (3.00)
3 & 4 L Step, R ¼ Turn R (6.00), L ¼ Turn R (9.00) (= Running Circle)

Have Fun And Smile, ...DO IT :-)

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