

Do My Thing

COPPER KNOB
BY SHEETS

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Scott Blevins (USA) & Jo Thompson Szymanski (USA) - April 2021
音乐: Do My Thing - PRY ANML : (Album: Get Wild - EP)



#4 count intro

Sequence: A - A - B - Tag - A - A - B - A - A - A - B counts 17- 48 - A - A counts 1- 4

Pattern A:

[1-8] DIAGONAL, FLICK, SIDE, TOGETHER, CROSS, SIDE, BEHIND, HEEL JACK, BALL CROSS

- 1-2 1) Turn slightly left to face 11:30 taking a big side step R toward 1:30; 2) Flick L behind R [11:30]
- 3&4 3) Square up to 12:00 stepping L to left; &) Step R beside L; 4) Step L across R [12:00]
- 5,6&7 5) Step R to right; 6) Step L behind R; &) Step R to right; 7) Touch L heel to L diagonal
- &8 (&) Step ball of L beside R; 8) Step R across L

[9-16] FULL CIRCLE WALK WALK RUN RUN RUN, JAZZ BOX

- 1-2 1) Turn ¼ left stepping L forward; 2) Turn ¼ left stepping R forward
- 3&4 (3&4) Turn ½ left as you step L-R-L forward [12:00]

Note: Counts 1-4 are done as smooth anti-clockwise circle

- 5,6,7,8 5) Step R across L; 6) Step L back; 7) Step R to right; 8) Step L across R

[17-24] SIDE, TOUCH, ROTATING KNEE SWAPS, ¼ FORWARD, ROCK, RECOVER, ½ PONY BACK

- &1,2 (&) Small step R to right; 1) Touch L toe beside R bringing L knee in; 2) Turn ¼ left on the spot transferring weight to L touching R toe beside L w/ R knee in [9:00]
- 3,4 3) Transfer weight to R touching L toe beside R w/L knee in; 4) Turn ¼ left stepping L forward [6:00]
- 5-6 5) Rock R forward; 6) Recover to L
- 7&8 (7&8) Turning gradually ½ right pony back R-L-R [12:00]

[25-32] STEP, ½ PIVOT, FORWARD POP, FORWARD POP, ROCK, RECOVER, COASTER

- 1-2 1) Step L forward; 2) Turn ½ right taking weight on R [6:00]
- 3,4,5,6 3) Step L fwd popping R knee fwd; 4) Step R fwd popping L knee fwd; 5) Rock L fwd; 6) Recover to R
- 7&8 7) Step ball of L back; &) Step ball of R beside L; 8) Step L forward

Pattern B:

[1-8] POINT, HOLD 3X, CROSS, POINT, HOLD 3X

- 1,2,3,4 1) Angle body to face 10:30 pointing R toward 1:30; 2-4) Hold 3 counts
- 5 5) Square up to 12:00 stepping R across L
- &6,7,8 (&) Angle body to face 1:30 pointing L toward 10:30; 6-8) Hold 3 counts

[9-16] BEHIND, OUT, OUT, HOLD 2X, BACK 4X, CENTER w/KICK, CROSS

- 1&2 1) Step L behind R; &) Square up to 12:00 stepping R to right; 2) Step L to left [12:00]
- 3-4 (3-4) Hold 2 counts
- 5&6& (5&6&) Keeping feet shoulder width apart take 4 small steps back R-L-R-L
- 7-8 7) Step R to center as you kick L to left reaching R arm up; 8) Step L across R bringing R arm down across body

[17-24] SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, ¼ FORWARD, FORWARD

- 1,2,3&4 1) Rock R to right; 2) Recover to L; 3) Step R behind L; &) Step L to left; 4) Step R across L

5,6,7&8 5) Rock L to left; 6) Recover to R; 7) Step L behind R; &) Turn ¼ right stepping R forward; 8) Step L forward [3:00]

[25-32] STEP, ½ PIVOT, ½ LOCKING TRIPLE, BIG BACK, DRAG, OUT, OUT, CENTER, CROSS

1,2,3&4 1) Step R forward; 2) Turn ½ left taking weight on L [9:00]

3&4 3) Turn ¼ left stepping R to right; &) Step L across R; 4) Turn ¼ left stepping R back [3:00]

5-6 5) Big step L back; 6) Drag R

&7&8 (&) Step R out to right; 7) Step L out to left; &) Step R to center; 8) Step L across R

[33-48] REPEAT COUNTS [17-32]

Tag:

[1-4] SKATE RIGHT, ¼ SKATE LEFT, SKATE RIGHT, ¼ SKATE LEFT

1-2 1) Skate right with R; 2) Turn ¼ left skating with L [3:00]

3-4 3) Skate right with R; 4) Turn ¼ left skating with L [12:00]

Ending: Freeze facing 12:00 while executing the cross on count 4 of Pattern A.

Copyright © 2021 Scott Blevins (scottblevins@me.com) All rights reserved
