

Do It To It

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Do It To It (feat. Cherish) - Acraze



Start on Vocal

I. STOMP WITH BODY WAVE – CLOSE – KNEES OPEN – CLOSE – LEAN BACK – CENTER – BACK STEP – FORWARD STEP – SIDE STEP

- 1 - 2 Stomp/Ball R to side with body wave (1), Close R beside L (2)
3 - 4 Open knees (drop your body) (3), Close feet together (4)
5 - 6 Lean back (hand styling : left hand straight forward, right hand near right cheek (5), Back to center (6)
&7 - 8 Step L slightly back (&), Step R forward (7), Step L to side (8)

II. SNAP UP – SNAP DOWN – LOOK TO THE LEFT – HOLD – HIP SWAY – HOLD THE HIPS

- 1 – 2& Snap R up (1), Snap R down (2), Look to the left (&)
3 - 4 Hold (3), Hold (4)
5 - 6 Lean forward and sway hips from right to left (5), (6)
7 - 8 Put right hand on the right hip (7), Put left hand on the left hip (8)

III. HIP BUMP SINGLE SINGLE DOUBLEx2

- 1 – 2 Hip bump R (1), Hip bump L (2)
3&4 Hip bump R (3), Hip bump L (&), Hip bump R
5 - 6 Hip bump L (5), Hip Bump R (6)
7&8 Hip bump L (7), Hip bump R (&), Hip bump L (8)

IV. SAILOR STEP – ¼ TURN LEFT – SAILOR STEP – WALK - OPEN

- 1&2 Cross R behind L (1), Step L to side (&), Step R to side (2)
3&4 Turn ¼ left Cross L behind R (3), Step R to side (&), Step L forward (4) ... (9:00)
5 - 6 Step R forward (5), Step L forward (6)
7 - 8 Step R to side (7), Step L to side (8)

V. SIDE JUMPx2 – KNEE OUT – BODY WAVE – SLIDE - TOUCH

- 1 - 2 Jump to the right side “both hands open” (1), Push left hip to the left side “swing left hand to right diagonal and right hand down” (2)
3 - 4 Jump to the left side “both hands open” (3), Push right hip to the right side “swing right hand to left diagonal and left hand down” (4)
5&6 R knee out (5), Body wave from down to up (&), (6)
7 - 8 Slide to the left side “right hand curled above the head” (7), Touch R beside L (8)

VI. DIAGONAL BACK STEP – HOLD – ARM MOVEMENT – ¼ TURN LEFT – BACK STEP - CLOSE

- 1&2 Step R diagonal back (lift both arms creating U shape across shoulders) (1), Arms down (&), Snap R to right side (2)
3 - 4 Hold (3), Hold (4)
5 - 6 Bring R arm next to R shoulder and palm of hand facing down to the floor, start making a rolling wave with R hand (5) (6) ... (9:00)
7 - 8 Turn ¼ left step R back (7), Close L beside R (8)

* RESTART HERE : ON WALL 2

VII. STEP – CLOSE – STEP – CLOSE – JAZZ BOX

- 1 - 2 Step/stomp R forward (1), Close R beside L (2)
3 - 4 Step/stomp L forward (3), Close L beside R (4)

5 - 6 Cross R over L (5), Step L back (6)
7 - 8 Step R to side (7), Step L forward (8)

VIII. BACK STEP - SNAP – HAND DOWN – LOOK TO THE RIGHT – HOLD – BODY ROLL – CROSS BEHIND – UNWIND FULL TURN

1 – 2& Step R back Ball L forward Snap R up (1), Hands down (2), Look to the R down (&
3 - 4 Hold (3), Hold (4)
5 - 6 Push chest forward and rolling body (5), Ball cross L behind R (6)
7 - 8 Unwind full turn left (7), (8)

RESTART : On Wall 2 after 48 Count

Enjoy the dance and make your own style ...

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