

Do It

拍数: 64 墙数: 4 级数: Improver
编舞者: Rosa Beltran Greentree (AUS) - June 2023
音乐: Do It - Bobby Alu



Main Dance: 32 counts

Variation Section/Steps: 32 counts after Wall 3 facing 12:00

***Step Change: on the Variation Section in S/2 on counts 15 and 16 facing 3:00**

Short Wall: Wall 3 with only 16 counts to face 12:00

Restart: on Wall 5 after 24 counts facing 9:00

Sequence: W1,W2, W3, Variation Section /Steps, W4, W5, W6 (part of)

Intro: 32 counts

Main Dance

S/1: R Kick Ball Cross (hip sways r,l,r), L Kick Ball Cross (hip sways l,r), 1/4Turn to left Fwd sweeping R to front

1&2 Kick R forward across L, Step R on ball beside L , Cross L over R

3&4 Step R to side sway right hip to right , Shift weight on L sway left hip to left, Shift weight on R sway right hip to right

5&6 Kick L forward across R, Step L on ball beside R, Cross R over L

7&8 Step L to side sway left hip to left, shift weight on R sway right hip to right, 1/4Turn to left Step L in place sweeping R from back to front (9:00)

S/2: R Cross, L Side, R Behind sweeping L, Step back L sweeping R, Step back, 1/4Turn to left L Fwd, Modified Rumba Steps

1&2 Cross R over L, Step L to side, Step back R sweeping L front to back

3&4 Step back L sweeping R from front to back, Step back R, 1/4Turn left Step L forward (6:0)

5&6 Step R to side, Step L beside R, Step R forward

7&8 Step L to side, Step R beside L, Step L forward

Variation Section here on Wall 3

S/3: R Fwd, 1/4Turn to left L Side, R Cross, 1/4Turn to right R Back, 1/4Turn to right R Side, L Fwd, Fwd Mambo, Coaster Step

1&2 Step R forward, 1/4Turn to left Step R to side, Cross R over L (3:00)

3&4 1/4Turn to right Step back L, 1/4Turn to right Step R to side, Step L forward (9:00)

5&6 Step R forward, Recover L, Step back R

7&8 Step back L, Step R beside L, Step L forward

Restart here on Wall 5 facing 9:00

S/4: R Fwd, 1/2Turn Pivot to left, 1/2Turn Triple Step, Back -Toe Touches (L,R), Fwd Shuffle

1 2 Step R forward, 1/2Turn to left pivot on L 3:00)

3&4 1/4Turn Step R to side, Step L beside R, 1/4Turn to left Step back R (9:00)

&5&6 Step back L, Touch R close in front of R, Step back R, Touch L close in front of R

7&8 Step L forward R, Step R beside L, Step L forward

Begin dance again.

Variation Section /Steps: 32 counts

S/1 and S/2 (where S/2 is a repeat of S/1 with Step Change)

S/1

[1 - 8]: Chasse to right, L Cross Rock, R Recover, Chasse to left, R Cross Rock, L recover

1-8 Step R to side (1), Step L beside R (&), Step R to side (2), Cross Rock L over R (3), Recover R (4), Step L to side (5), Step R beside L (&), Step L to side (6), Cross rock R over L (7), Recover L (8)

[9 - 16]: Diagonal Back - Touch (R,L), 1/4Turn to right Jazz Box

9-16 Step back R diagonal to right (9), Touch L beside R (10), Step back L diagonal to left (11), Touch R beside L (12), Cross R over L (13), Step back L (14), 1/4Turn to right Step R to side (15), Step L to side (16)

S/2

Repeat S/1 But with a Step Change on counts 15, 16 on the Jazz Box

***STEP CHANGE: on counts 15,16**

15-16 Step R to side (15), Step L to side (16)

***Or simply change 1/4Turn Jazz box to normal Jazz Box**

End of dance: Dance to 30 counts on Wall 6, then Step L Forward and 1/2Turn to right to face 12:00

lovepeace2all

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