

Do It for the Bay (SF 49ers)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Lisa Brown (USA) - October 2024
音乐: Do It For The Bay - Saweetie & P-LO



No tags or restarts

INTRO: 16 counts starting on first beat right after artist talks at the very beginning

Note: First 2 eight counts you will be taking a step on the "and" (except for 5-8 in the second 8 count when you do hip bumps)

First 8 count - Shuffles and heel switches

[1-4]

1 & 2 - Shuffle diagonal forward right (step right, step left to right, step right)

3 & 4 - Shuffle diagonal forward left (step left, step right to left, step left)

[5-8]

5 & 6 & 7 & 8 - Tap right heel to the right then back next to left, then left heel to the left and back next to right, then right heel to the right then back next to left, then left heel to the left

Second 8 count – Sailor steps with quarter turn right and hip bumps

[1-4]

1 & 2 - Sailor step to the left (step left behind right, then step out right a little to the right, then step left diagonally forward to the left)

3 & 4 - Sailor step to the right with a quarter turn to the right (step right behind left while turning a quarter turn to the right, then step left beside your right, then step right diagonally forward)

[5-8]

5 & 6 - step to your left and do two hip bumps to the left

7 & 8 - then shift weight to your right for two hip bumps to the right

Third 8 count - V steps

[1-4]

1-4 1, 2, 3, 4, - step diagonally forward to the left, then step out to the right with your right foot, then step your left foot back diagonally back towards the right, then bring your right foot together to your left.

[5-8]

Repeat 1-4

Fourth 8 count – Grape vines

[1-8]

1-4 1, 2, 3, 4, - grape vine to the right (step out to the right, then step your left behind your right, then step right out to right again and bring your left foot together to your right)

5-8 5, 6, 7, 8 - grape vine to the left with a quarter turn jump to the right on 8 (step out to the left, then step your right foot behind your left, then step out to the left again, then jump with both feet a quarter turn to the right)

Then the dance starts over! Enjoy!

Last Update: 30 Oct 2024