It's What Y'gotta Do



拍数: 48 墙数: 4 级数: Intermediate

编舞者: Donna Lawrie (UK) & Gemma Cook 音乐: Do What You Gotta Do - Garth Brooks



STOMP CLAP, STEP, STOMP CLAP

Stomp forward on the right foot Clap hands in front of you

Step the left foot next to the right
Stomp forward on the right foot
Touch left toe next to right and clap

TURNING TRIPLE STEPS

5 Step back on the right foot turning ½ a turn to the left

& Step the right foot up to the leftStep forward on the left foot

7 Step forward on the right foot turning ½ to the left

& Step the left foot back to the right

8 Step back on the right foot

ROCK STEP, TRIPLE STEP

9 Rock back onto the left foot
10 Rock forward onto the right foot
11 Step forward onto the left foot
& Step the right foot up to the left
12 Step forward on the left foot

SYNCOPATED VINE

13 Step the right foot to the right side
14 Cross the left foot behind the right
& Step the right foot to the right side
15 Cross the left foot in front of the right
16 Step to the right side with the right foot

TOUCH LEFT, ROLL LEFT

Touch the left toe next to the right foot (no weight)

Step a ¼ of a turn to the left with the left foot

Step ½ a turn to the left with the right foot

Step a ¼ of a turn to the left with the left foot

KICK, ROCK STEP, KICK BALL CHANGE, KICK, TURN, SCUFF

Kick the right foot forward
Rock back on the right foot
Rock forward onto the left foot
Kick the right foot forward

& Step the right foot back in place (with weight)Step the left foot next to the right (with weight)

26 Kick the right foot forward

27 Step back onto the right foot turning ½ a turn to the right

28 Scuff the left foot past the right

TOE STRUTS

| 29 | Cross the left foot over the right foot placing only the toe down |
|----|--|
| 30 | Slap the heel of the left foot down while clicking the fingers on both hands |
| 24 | Stop to the right side placing only the too down |

31 Step to the right side placing only the toe down

32 Slap the heel of the right foot down while clicking the fingers on both hands

SAILOR STEP, TOE STRUT

| 33 | Cross the left foot behind the right foot |
|----|---|
| | |

Step the right foot to the right side (with weight)
Step the right foot to the right side (with weight)

35 Cross the right foot over the left foot placing only the toe down

36 Slap the heel of the right foot down while clicking the fingers on both hands

TOE STRUT, TURNING COASTER STEP

37 Step the left foot to the left side placing only the toe down

38 Slap the heel of the left foot down while clicking the fingers on both hands

39 Step back on the right foot turning a ¼ of a turn to the right

& Step the left foot next to the right foot

40 Step forward on the right foot

STOMP CLAP, STEP, STOMP CLAP

Stomp forward on the left foot Clap hands in front of you

& Step the right foot next to the leftStomp forward on the left foot

44 Clap hands in front of you while touching the right foot next to the left (no weight)

TOUCH BACK, ½ TURN, TURNING TRIPLE STEP

Touch the right toe back 46 Turn ½ a turn to the right

47 Step back on the left foot turning ½ to the right

& Step the right foot back to the left

48 Step back on the left foot

REPEAT