

Doo Bee Do

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hazel Pace (UK)
音乐: Doo Bee Do - Freshly Ground Nomvula



KICK & TOUCH & SIDE SWITCHES, & CROSS UNWIND ½ TURN LEFT HOOK, LEFT SHUFFLE

1&2 Kick right foot forward, step right beside left, touch left toe back
&3&4 Step left beside right, touch right to right side, step right beside left, touch left to left side
&5-6 Step left beside right, cross right over left, unwind ½ turn left hooking left over right knee
7&8 Step forward left, right beside left, step forward left

RIGHT SHUFFLE, RIGHT, SYNCOPATED ROCKING CHAIR, STEP & PADDLE ¾ TURN LEFT

1&2 Step forward right, left beside right, step forward right
3&4& Rock forward on left, recover on right, rock back on left, recover on right
5 Step forward on left
&6&7&8 Slightly hitch right, ¼ turn left touching right to right side, repeat 2 more times making ¾ turn left, 9:00

CROSS & HEEL & CROSS & HEEL & ROCK & ROCK & CROSS & HEEL

1&2 Cross right over left, step left to left side, touch right heel forward (facing right diagonal)
&3&4 Step right in place, cross left over right, step right to right side, touch left heel forward (facing left diagonal)
&5&6& Step left in place, rock right over left, recover on left, rock back on right, recover on left. (facing left diagonal)
7&8 Cross right over left, step left to left side, touch right heel forward. (facing right diagonal)

& CROSS SIDE, ½ TURN LEFT, STEP & ROCK, STEP & ROCK

&1-2 Step right in place, cross left over right, step right to right side
3&4 Sailor step making ½ turn left on left, right, left
5&6 Step forward on right, rock left to left side, recover on right
7&8 Step forward on left, rock right to right side, recover on left (pushing hips left then right as you rock to side)

REPEAT
