

Do America

拍数: 32 墙数: 2 级数: Improver
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音乐: Do America - Mark Knopfler



Count using Quick-Quick-Slow timing

COASTER STEP, ROCK & CROSS, GRAPEVINE ¼ TURN, STEP FORWARD, CLAP, TWIST

- 1&2 Right foot back, close left foot to right foot, right foot forward (QQS)
3&4 Left to left side, replace weight onto right, cross left foot over right foot (QQS)
5&6& Right foot to side, cross left behind right, ¼ turn to right stepping forward right, left foot forward
7&8& Slap hands on thighs, clap hands, rise onto toes and twist heels left then back to center

Last 8 counts are all "quicks"

ROCK FORWARD, LOCK STEP BACK, STOMPS, TOE HEEL STEP

- 1&2 Rock left forward, replace weight back onto right, close left foot to right foot (QQS)
3&4 Right foot back, cross left foot in front of right foot, right foot back (QQS)
5&6 Stomp left next to right twice turning body slightly to right, step left foot forward (QQS)
7&8 Tap right toe next to left then right heel, step forward right foot (QQS)

SLOW JAZZ BOX, SAILOR SHUFFLE ¼ TURN RIGHT, SAILOR SHUFFLE

- 1-2 Cross left foot over right foot, right foot back (SS)
3-4 Step left foot to side, step right foot to side (SS)
5&6 Cross left behind right, ¼ turn right stepping forward right, left foot to left side (QQS)
7&8 Cross right foot behind left foot, left foot to side, replace weight onto right foot (QQS)

SAILOR SHUFFLE WITH ¼ TURN RIGHT, SAILOR SHUFFLE, 2 WALKS & SHUFFLE FORWARD WITH ¾ TURN RIGHT

- 1&2 Cross left behind right, ¼ turn right stepping forward right, left to left side (QQS)
3&4 Cross right foot behind left foot, left foot to side, replace weight onto right foot (QQ)
5-6 Taking ½ turn to right walk forward with 2 slow walks left foot then right foot (SS)
7&8 Taking ¼ turn to right step forward left foot, close right to left, left foot forward (QQS)

REPEAT