

Do It!

拍数: 32 墙数: 4 级数: Intermediate
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音乐: The More You Do It (The More I Like It Done To Me) - Natalie Cole



WALK, WALK, TOUCH, STEP BACK, COASTER CROSS, HITCH, CROSS

1-2 Step right forward, step left forward
3-4 Turn $\frac{1}{2}$ left and touch right together, step right back
Drag left toward right
5&6 Step left back, step right back, cross left over right
7-8 Hitch right knee, cross right over left

ROCK AND CROSS, AND STEP KICK, AND STEP, $\frac{1}{2}$, $\frac{1}{4}$

1&2 Rock left to side, recover onto right, cross left over right
&3 Big step right to side, step left together
4&5 Kick right forward, right together, step left forward
6-7 Step right forward, turn $\frac{1}{2}$ left (weight to left)
&8 Step right forward, turn $\frac{1}{4}$ left (weight to left)

CROSS BACK AND $\frac{1}{4}$ TURN STEP, STEP, SHUFFLE FORWARD, STEP $\frac{1}{2}$ PIVOT

1-2&3 Cross right over left, step left back, turn $\frac{1}{4}$ right and step right forward, step left forward
4 Step right forward
5&6 Step left forward, lock right behind left, step left forward
7-8 Step right forward, turn $\frac{1}{2}$ left (weight to left)

STEP LOCK STEP, STEP HITCH, BALL CROSS $\frac{1}{4}$ TURN, COASTER STEP

1-2& Step right diagonally forward, lock left behind right, step right diagonally forward
3-4 Step left diagonally forward, hitch right knee
&5-6 Step right together, cross left over right, step right to side
7&8 Turn $\frac{1}{4}$ left and step left back, step right together, step left forward

More challenging option for last 2 counts:

7 Turn $\frac{3}{4}$ left and step left back
&8 Step right forward, turn $\frac{1}{2}$ left (weight to left)

REPEAT

RESTART

Restart after count 16 on wall 5