

Do It, Do It

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ron Kline (USA)
音乐: Stuff Like That (Jook Joint Mix) - Quincy Jones



KICK, TURN STEPPING SIDE, SHOULDERS SIDE TO SIDE, TURN, KICK QUICK STEP BACK, TOUCH, HOLD / CLAP

1-2 Kick forward right, turn $\frac{1}{4}$ right and step side right

3-4 Shift shoulders left, right

Variation: syncopate the shoulders for styling ("when the beat hits ya"), left, right, left, right, making the count &3&4

5-6 Turn $\frac{1}{4}$ left stepping on to left, kick forward right

&7-8 Quickly step back on right angling body slightly right, touch left next to right, hold and clap

STEP, TOUCH, QUICK STEP BACK, HEEL AND CROSS, ANGLED SIDE SHUFFLE, LARGE STEP SIDE, DRAG AND FLICK

1-2 Step straight forward left, touch right next to left

&3&4 Quickly step back on right angling body slightly right, touch left heel forward, step left next to right, step right in front of left (maintaining body angle throughout)

5&6 Maintain body angle right and make small step side left, step right next to left, step side left

&7-8 Straighten body forward, take large step side right, drag left to flick to the right behind right leg

STEP SIDE WITH HIP SWINGS, $\frac{1}{4}$ TURN WITH STEP, KICK BALL STEP, WALK FORWARD, ROCK SIDE

1-2 Step side left swinging hips left, swing hips right (with weight changes)

3-4 Swing hips left prepping left heel left, pivot $\frac{1}{4}$ right and step right next to left

5&6 Kick forward left, step on ball of left next to right, step forward right

7-8 Step forward left, rock side right

STEP AND STEP LEFT, STEP AND STEP RIGHT, STEP, PIVOT, PIVOT, HOLD / CLAP

1&2 Angling body slightly left step side on ball of left, shift weight right, step slightly further left on left

3&4 Angling body slightly right step side on ball of right, shift weight left, step slightly further right on right

5-6 Step forward left, pivot $\frac{1}{2}$ right

7-8 Pivot another $\frac{1}{2}$ right stepping left next to right, hold and clap

REPEAT

TAG

The tag is done only twice. Both are during the bridge, when the ladies sing. It will come in before starting the 7th and 11th wall (or facing the back wall the second and third time)

STEP, $\frac{1}{2}$ TURN LEFT, STEP, $\frac{1}{2}$ TURN LEFT, TOUCH PIVOTS MAKING FULL TURN LEFT

1-4 Step forward right, pivot $\frac{1}{2}$ left, step forward right, pivot $\frac{1}{2}$ left

5-8 Pivot $\frac{1}{4}$ left on left touching right toe to right side, repeat 3 more times to make a full turn left and clap on last touch