

Do It! Do It! Do It!

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Guys Do It All the Time - Mindy McCready



ROCK & STEP-RIGHT-LEFT-RIGHT-LEFT GOING FORWARD

- 1 Rock forward and cross right over left
- & Step in place with left & at same time lift right
- 2 Rock forward and cross right over left
- & Swing left foot around in front of right
- 3 Rock forward and cross left over right
- & Step in place with right & at same time lift left
- 4 Rock forward an cross left over right
- & Swing right foot around in front of left
- 5-8& Repeat 1&2&3&4&

SLOW ROCK-QUICK SWING BEHIND STEPS, BACKWARD MONTEREY TURN

- 9-10 Rock forward on right-rock back on left
- & Swing right foot back
- 11&12 Step right behind left-& step left behind right-step right behind left
- 13 Touch left to left side
- 14 Bring left back beside right while making ½ turn left
- 15-16 Touch right to right side-step right beside left

MONTEREY TURN, CROSS & ROCK STEPS WITH LEFT

- 17 Touch left to left side
- 18 Bring left back beside right while making ½ turn left
- 19-20 Touch right to right side-step right beside left
- 21& Cross/step left over right-& step in place right
- 22& Cross/step left behind right-& step in place right
- 23& Cross/step left over right-& step in place right
- 24 Cross/step left behind right

CROSS & ROCK STEPS WITH RIGHT, ½ PIVOT-JUMP OUT-JUMP CROSS-JUMP OUT-JUMP TOGETHER

- 25& Cross/step right over left-& step in place left
- 26& Cross/step right behind left-& step in place left
- 27& Cross/step right over left-& step in place left
- 28 Cross/step right behind left
- 29 With feet in place, pivot ½ turn to right
- 30 Jump with feet apart
- 31 Jump with feet crossed right over left
- & Jump with feet apart
- 32 Jump with feet landing beside each other

REPEAT