

Do Me

拍数: 48 墙数: 4 级数: Intermediate hustle
编舞者: Frank Cooper (CAN)
音乐: Do Me - Teddy Pendergrass



HEEL SWITCHES, LONG STEP FORWARD, STEP TOGETHER, HEEL SWITCHES, LONG STEP FORWARD, STEP TOGETHER

- 1&2& Touch right heel forward, bring right foot home, touch left heel forward, bring left foot home 12:00
3-4 Take a big step forward on right foot, step left foot next to right
5&6& Touch right heel forward, bring right foot home, touch left heel forward, bring left foot home
7-8 Take a big step forward on right foot, step left foot next to right 12:00

ROCK STEP, TRIPLE ½ TURN, ROCK STEP, COASTER STEP

- 9-10 Rock forward on right foot, recover onto left foot 12:00
11&12 Triple ½ turn right stepping right, left, right 6:00
13-14 Rock forward on left foot, recover onto right foot
15&16 Step back on left foot, step together with right foot, step forward on left foot 6:00

SIDE ROCK, CROSS SHUFFLE, VINE WITH SHUFFLE ¼ TURN

- 17-18 Rock right foot out to right side, recover onto left foot 6:00
19&20 Step right foot over left, step left foot to left side, step right foot over left foot
21-22 Step left foot to left side, step right foot behind left foot
23&24 Step left foot to left side, step together with right foot, step forward on left foot making a ¼ turn left 3:00

PIVOT ½ TURN, WALK, WALK, ROCK STEP, WALK, WALK ½ TURN

- 25-26 Step forward on right foot, pivot ½ turn left stepping forward on left foot 9:00
27-28 Step forward on right foot, step forward on left foot
29-30 Rock forward on right foot, recover onto left foot prepping to make ½ turn right
31-32 Step forward on right foot ½ turn right, step forward on left foot 3:00

SYNCOPATED STEP TOUCH FORWARD, HOLD, SYNCOPATED STEP TOUCHES BACK, SYNCOPATED STEP TOUCH BACK, HOLD, SYNCOPATED STEP TOUCHES FORWARD

- &33-34 Step right foot forward on diagonal to right, touch left foot next to right, hold 3:00
&35&36 Step left foot back on diagonal to left, touch right foot next to left, step right foot back on diagonal to right, touch left foot next to right
&37-38 Step left foot back on diagonal to left, touch right foot next to left, hold
&39&40 Step right foot forward on diagonal to right, touch left foot next to right, step left foot forward on diagonal to left, touch right foot next to left 3:00

SYNCOPATED STEP TOUCH FORWARD, HOLD, SYNCOPATED STEP TOUCHES BACK, SYNCOPATED STEP TOUCH BACK, HOLD, SYNCOPATED STEP TOUCHES FORWARD

- &41-42 Step right foot forward on diagonal to right, touch left foot next to right, hold 3:00
&43&44 Step left foot back on diagonal to left, touch right foot next to left, step right foot back on diagonal to right, touch left foot next to right
&45-46 Step left foot back on diagonal to left, touch right foot next to left, hold
&47&48 Step right foot forward on diagonal to right, touch left foot next to right, step left foot forward on diagonal to left, touch right foot next to left 3:00

REPEAT

TAG

At the end of the 8th wall, you will be facing the front wall. Repeat the last 8 counts of the dance, then add the following 8 counts for a total of a 16 count tag

SYNCOPATED STEP TOUCH FORWARD, SYNCOPATED STEP TOUCH BACK, SYNCOPATED STEP TOUCHES BACK

- &1-2 Step right foot forward on diagonal to right, touch left foot next to right, hold
 - &3-4 Step left foot back on diagonal to left, touch right foot next to left, hold
 - &5 Step right foot back on diagonal to left, touch left foot next to right
 - &6 Step left foot back on diagonal to left, touch right foot next to left
 - &7 Step right foot back on diagonal to left, touch left foot next to right
 - &8 Step left foot back on diagonal to left, touch right foot next to left
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