

Do Something

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sobrielo Philip Gene (SG)
音乐: Do Somethin' - Britney Spears



JUMP BACK, HANDS MOVEMENT, TOUCH, ¼ TURN, HANDS MOVEMENT

- 1 Jump back on both feet (feet apart)
- 2 Swing and cross hand over each other above head (fists clenched)
- 3 Swing and punch hands down to respective sides
- 4 Touch right beside left
- 5 With right elbow bent, elbow right to right (chest level)
- 6 On ball of left, twist feet ¼ turn left
- 7-8 Stretch right hand back, bring hands back to bent position (chest level)

KICK ¼ TURN POINT, BEHIND SIDE CROSS, ¼ TURN, POINT, HIP BUMPS

- 1&2 Kick right forward, making ¼ turn right step right to right, step left to left
- 3&4 Cross right behind left, step left to left, cross right over left
- 5-6 Making ¼ turn left step left forward, point right to right
- 7 Hip bump left (swing right hand across body to left side and look left) (right still pointing)
- 8 Hip bump right (swing right hand back to right side and look right)(right still pointing)

Optional hand movement: 7-8 it's like you are cracking a whip. There is a strong beat every time you do counts 7-8

KICK POINT BACK, ½ TURN STEP, HEAD ROLL, HIP ROLL

- 1&2 Kick right forward, step right beside left point left back
- 3-4 Make ½ left transferring weight from right to left, step right to right
- 5-6 Roll head to the left
- 7-8 Hip roll to the left

When doing counts 5-8 you must feel you are doing a figure 8

SAILOR STEP, SAILOR SLIDE, STEP, HANDS MOVEMENT, CHEST PUMPS

- 1&2 Rock right back to left, recover weight onto left, step right to right
- 3&4 Rock left back of right, recover weight onto right, long slide left to left
- 5 Step right beside left
- 6 Using right hand put onto chest and left hand put onto stomach
- 7-8 Do 2 chest pumps (beat according to music)

REPEAT

RESTART

On the 4th wall, do 16 counts of the dance and restart from the start (back wall)