

Doing The Doop

拍数: 80 墙数: 4 级数: Intermediate
编舞者: M. Vasquez (UK) - April 2011
音乐: Doop (Dooper Than Doop) - Doop



Note: Dance Starts after 30 second intro

Section 1: Charleston Steps

- 1 Swing right foot around to touch forward
- 2 Swing right back around and step right next to left
- 3 Swing left around to touch to back
- 4 Swing left around and step left next to right
- 5 Swing right around to touch forward
- 6 Swing right back around and step right next to left
- 7 Swing left around to touch to back
- 8 Swing left around and step left next to right

Section 2: Kick and Push the Ceiling, Behind-Side-Cross, Kick and Push the Ceiling, Kick 1/4 Turn and Push the Ceiling, Coaster Step

- 1-2 Kick right foot diagonally to the right side twice. At same time hands 'push the ceiling' twice
- 3&4 Step right behind left, step left to left side, step right in front of left
- 5-6 Kick left diagonally to the left side once, turn 1/4 turn left kicking left foot forward. At same time hands 'push the ceiling' twice
- 7&8 Step back on left foot, step right next to left, step forward left

Section 3: Mash Potato Step

- 1&2 Right knee bends, right foot lifts off the floor, weight shifts to left foot. Pivot on left foot an eighth of a turn clockwise. Left foot pivots a quarter turn counterclockwise. Right foot steps close to left foot, then right foot pivots a quarter turn clockwise. Left knee bends and left foot lifts off the floor. Right foot pivots a quarter turn clockwise. Left foot steps close to right foot, then left foot pivots quarter turn clockwise.
- 3&4 Right knee bends, right foot lifts off the floor, weight shifts to left foot. Pivot on left foot an eighth of a turn clockwise. Left foot pivots a quarter turn counterclockwise. Right foot steps close to left foot, then right foot pivots a quarter turn clockwise. Right knee bends, right foot lifts off the floor, weight shifts to left foot. Pivot on left foot an eighth of a turn clockwise. Left foot pivots a quarter turn counterclockwise. Right foot steps close to left foot, then right foot pivots a quarter turn clockwise.
- 5&6 Left knee bends, left foot lifts of the floor, weight shifts to right foot. Pivot on right foot an eighth of a turn counterclockwise. Right foot pivots a quarter turn clockwise. Left foot steps close to right foot, then left foot pivots a quarter turn counterclockwise. Right knee bends and right foot lifts off the floor. Left foot pivots a quarter turn counterclockwise. Right foot steps close to left foot, then right foot pivots quarter turn counterclockwise.
- 7& Left knee bends, left foot lifts of the floor, weight shifts to right foot. Pivot on right foot an eighth of a turn counterclockwise. Right foot pivots a quarter turn clockwise. Left foot steps close to right foot, then left foot pivots a quarter turn counterclockwise.
- 8 Step forward on left foot .

Section 4: Charleston Step, Toe Touch, 1/2 Turn

- 1 Swing right foot around to touch forward
- 2 Swing right back around and step right next to left
- 3 Swing left around to touch to back
- 4 Swing left around and step left next to right
- 5 Swing right around to touch forward

- 6 Swing right back around and step right next to left
- 7 Swing left foot around to back touching left toe behind
- 8 Taking weight onto left foot, turn 1/2 left

Section 5: Kick, Jazz Box, Shuffle, Stomp, Claps

- 1-2 Kick right foot forward, cross right foot over left foot
- 3-4 Step back on the left foot, step right foot to right side
- 5&6 Step forward left, step right next to left, step forward left
- 7&8 Stomp right foot, clap hands twice

Section 6: Toe Switches and Hitch

- 1&2& (1)touch right toe to right side, (&)step right foot in place, (2)touch left toe to left side, (&)step left foot in place
- 3&4& (3)touch right toe to right side, (&)hitch right knee, (4)touch right toe to right side, (&)step right foot in place
- 5&6& (5)touch left toe to left side, (&)step left foot in place, (6)touch right toe to right side, (&)step right foot in place
- 7&8& (7)touch left toe to left side, (&)hitch left knee, (8)touch left toe to left side, (&)step left foot in place

Section 7: Toe Switches, Clap, Heel Switches, Clap

- 1&2& (1)touch right toe to right side, (&)step right foot in place, (2)touch left toe to left side, (&)step left foot in place
- 3&4 (3)touch right toe to right side, (&4)clap hands twice
- 5&6& (5)touch right heel to right side, (&)step right foot in place, (6)touch left heel to left side, (&)step left foot in place
- 7&8 (7)touch right heel to right side, (&)clap hands, (8)clap hands step right foot in place

Section 8: Toe Switches, Clap, Heel Switches, Clap, Hitch

- 1&2& (1)touch left toe to left side, (&)step left foot in place, (2)touch right toe to right side, (&)step right foot in place
- 3&4 (3)touch left toe to left side, (&4)clap hands twice
- 5&6& (5)touch left heel to left side, (&)step left foot in place, (6)touch right heel to right side, (&)step right foot in place
- 7&8 (7)touch left heel to left side, (&)clap hands, (8)clap hands hitch left knee

Section 9: Diagonal Shuffles, Coaster Step, Walk, Hitch, Clap

- 1&2 Shuffle back on the left diagonal, stepping back left-right-left
- 3&4 Shuffle back on the right diagonal, stepping right-left-right
- 5&6 Step back left, step right next to left, step left foot forward
- 7&8& walk right, walk left, hitch right knee, clap

Section 10: Diagonal Shuffles, Coaster Step, Shuffle

- 1&2 Shuffle back on the right diagonal, stepping back right-left-right
- 3&4 Shuffle back on the left diagonal, stepping back left-right-left
- 5&6 Step back right, step left next to right, step right foot forward
- 7-8 Shuffle forward left-right-left

Start Again

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