

Doin' Dirt

拍数: 32 墙数: 4 级数: Improver
编舞者: Sandra Speck (UK) - August 2012
音乐: Doin' Dirt - Maroon 5 : (Album: Overexposed - Deluxe Version)



48 count intro, start on vocals, approx 22 seconds

SIDE TOGETHER FORWARD FLICK, JAZZ BOX CROSS

- 1 – 2 Step left foot to side, close right foot next to left
- 3 – 4 Step forward on left foot, flick right foot up and out to right side
- 5 – 6 Cross right foot over left, step back on left foot
- 7 – 8 Step right foot to side, cross left foot over right

½ MONTEREY CROSS, STEP SIDE SWIVEL, SWIVEL HIP

- 1 – 2 Point right foot to right side, Make ½ turn right closing right foot next to left
- 3 – 4 Point left foot to left side, cross left foot over right
- 5 – 6 Step right foot to side, swivel left heel towards right, keeping feet apart
- 7 & 8 Swivel left heel to centre, slightly bend knees push hips to left side transferring weight to left foot

BACK ROCK, KICK BALL CROSS, SIDE ROCK, ¼ SAILOR RIGHT

- 1 – 2 Step back on right foot, recover onto left
- 3&4 Kick right foot forward, step on the ball of right foot, cross left foot over right
- 5 – 6 Step right to right side, recover onto left
- 7&8 Step right behind left, turn ¼ right stepping left to side, step right to side

ROCK FORWARD, TRIPLE FULL TURN LEFT, SIDE ROCK TOGETHER, SIDE ROCK TOUCH

- 1 – 2 Step forward onto left foot, recover onto right
- 3&4 Triple full turn left, stepping left, right, left

Easier option: left coaster step

- 5&6 Step right to side, recover onto left, close right foot next to left
- &7 8 Step left to side, recover onto right, touch left foot next to right

Start again from beginning

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