

# Do-Re-Mi

拍数: 32                      墙数: 4                      级数: Easy Intermediate  
编舞者: Karl-Harry Winson (UK) - July 2013  
音乐: Panic Chord - Gabrielle Aplin : (Album: Panic Chord)



**Intro: 16 Counts from Heavy Beat (Start on Vocals)**

**Side Rock/ Sway. Hitch. Shuffle 1/4 turn. Forward Rock. Triple 3/4 turn.**

1 – 2                      Rock Right out to Right side. Recover weight onto Left and slightly hitch the Right knee.  
3&4                      Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping Right forward.  
5 – 6                      Rock forward on Left. Recover weight on Right.  
7&8                      Triple 3/4 turn Left on the spot Stepping: Left, Right, Left (6.00).

**Cross Rock. Right Chasse. Cross Unwind Full turn. Left Chasse.**

1 – 2                      Cross Rock Right over Left. Recover weight on Left.  
3&4                      Step Right to Right side. Close Left beside Right. Step Right to Right side.  
5 – 6                      Cross Left over Right. Unwind full turn Right making sure weight ends on Right foot.  
7&8                      Step Left to Left side. Close Right beside Left. Step Left to Left side (6.00).

**\*Note: Can replace counts 5 – 6 (Cross Unwind) with a Left Cross Rock for dancers that don't wish to turn.**

**Right Sailor-Scuff. Side Step. Left Sailor-Scuff. Ball-Cross. 1/4 turn. Back Rock.**

1&2                      Cross Right behind Left. Step out on Left. Scuff Right beside Left.  
&                              Step Right foot to Right side.  
3&4                      Cross Left behind Right. Step out on Right. Scuff Left beside Right.  
&5-6                      Step Left foot beside Right. Cross step Right over Left. Turn 1/4 Right stepping Left back.  
7 – 8                      Rock back on Right. Recover weight forward on Left.

**\*Restart here on Wall 2 and Wall 5**

**Forward Shuffle. Forward Rock. Sailor 1/2 turn. Cross Rock.**

1&2                      Step forward on Right. Close Left beside Right. Step forward on Right.  
3 – 4                      Rock forward on Left. Recover weight back on Right.  
5&6                      Cross Left behind Right making 1/2 turn Left. Step Right beside Left. Step forward on Left.  
7 – 8                      Cross Rock Right over Left. Recover weight on Left (3.00).

**Start Again!**

**\*Restarts:**

**1st Restart is on Wall 2: Dance the first 3 Sections and restart the dance facing 12.00 Wall.  
2nd Restart is on Wall 5: Dance the first 3 Sections and restart the dance facing 3.00 Wall.**

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