

Call The Doctor

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Overdose - Ciara : (CD: Ciara)



Introduction: 16 counts, begin on lyrics: "You're like a circus running"

Sec. 1 (1- 8) WALK X 2, & LOCK, STEP, ROCK FORWARD, & TOUCH, HITCH

1-2 Step forward on left. Step forward on right.
&3-4 Step forward on left. Lock right behind left. Step forward on left.
5-6 Rock forward on right. Recover onto left.
&7-8 Step right beside left. Touch left to left side. Hitch left knee.

Sec. 2 (9-16) CROSS, BACK, & CROSS, BACK, & CROSS, 1/4 TURN, 1/4 TURN, SWEEP

1-2 Cross left over right. Step right back to right diagonal.
&3-4 Step left back to left diagonal. Cross right over left. Step left back to left diagonal
&5-6 Step right back to right diagonal. Cross left over right. Turn 1/4 left and step back on right. [9 o'clock]
7-8 Turn 1/4 left and step forward on left. Sweep right from back to front. [6 o'clock]

Sec. 3 (17-24) CROSS, SIDE, BACK ROCK, 1/4 TURN SHUFFLE, 1/4 TURN, TOUCH

1-2 Cross right over left. Step left to left side.
3-4 Rock back on right. Recover onto left.
5&6 Turn 1/4 left and step back on right. Step left beside right. Step back on right. [3 o'clock]
7-8 Turn 1/4 left and step left to left side. Touch right beside left [12 o'clock]

Sec. 4 (25-32) SIDE ROCK 1/8 TURN, ROCK FORWARD 1/8 TURN, SHUFFLE BACK, STEP BACK, CROSS TOUCH

1-2 Rock/sway right to right side. Turn 1/8 left (to left diagonal) and recover onto left.
3-4 Rock forward on right. Turn 1/8 left and recover on left. [9 o'clock]
5&6 Shuffle back stepping right, left, right
7-8 Step back on left. Cross touch right over left.

Sec. 5 (33-40) WALK FORWARD X2, & LOCK, STEP, PIVOT 1/2 TURN, SHUFFLE FORWARD

1-2 Step forward on right. Step forward on left.
&3-4 Step forward on right. Lock left behind right. Step forward on right.
5-6 Step forward on left. Pivot 1/2 turn right. [3 o'clock]
7&8 Shuffle forward stepping left, right, left.

Sec. 6 (41-48) OUT-OUT-RECOVER, & ACROSS-SNAP, & ACROSS-SNAP, SIDE ROCK

&1-2 Step right to right side. Step left to left side. Recover on right with clap.
&3-4 Step back on left. Cross right over left. Hold with fingers snap
&5-6 Step left to left side. Cross right over left. Hold with fingers Snap
7-8 Rock left to left side. Recover onto right.

Sec. 7 (48-56) SAILOR STEP, SAILOR STEP 1/4 TURN, ROCK FORWARD, SHIMMY TOE STRUT

1&2 Cross left behind right. Step right to right side. Step left to place.
3&4 Turn 1/4 right and step back on right. Step left to left side. Step right to place. [6 o'clock]
5-6 Rock forward on left. Recover onto right.
7-8 Touch left toe beside right. Drop heel. (Shoulder shimmies on both counts)

Sec. 8 (57-64) SIDE, HOLD, & SIDE, HOLD, & SIDE ROCK, BEHIND, 1/4 TURN, STEP

1-2 Step right to right side. Hold.

&3-4 Step left beside right. Step right to right side. Hold
&5-6 Step left beside right. Rock right to right side. Recover onto left.
7&8 Cross right behind left. Turn 1/4 left and step forward on left. Step forward on right. [3 o'clock]

Ending: Complete Section 6 then turn 1/2 left lunging left with pose as you face front wall.

Music Selection: Hustle/West Coast Swing: R&B, Pop

Christmas Selection: Last Christmas by Glee Cast Version; Album: Glee: The Music, The Christmas Album

This step sheet format is by Vivienne Scott

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