

Do It

拍數: 32 牆數: 4 級數:
編舞者: Kathryn Rowlands (WLS) - October 2015
音樂: Some Days You Gotta Dance - The Chicks : (CD: FLY and CD: The Essential Dixie Chicks)



***There is one 8-count Tag plus Restart at Wall 4, and a 2-count Tag at **Wall 9, both easily spotted.**

[1-8] Diagonal Step-Lock-Step, Scuff x2

- 1-4 Step right foot forward on right diagonal, left foot locked behind right, right foot forward, scuff left heel forward
5-8 Repeat beginning with left foot, right foot locked behind left, left foot forward, scuff right heel forward [12:00]

[9-16] Diagonal Step-Touches (Claps)

- 1-2 Step right foot forward on the diagonal, touch left toe beside right
3-4 Step left foot forward on the diagonal, touch right toe beside left
5-6 Step right foot back on the diagonal, touch left toe beside right
7-8 Step left foot back on the diagonal, touch right toe beside left [12:00]

TAG: *At Wall 4, at this point, facing 9:00: dance the following 8-count Tag, then Restart the dance from the beginning:

[1-8] Coaster, Scuff, Run

- 1-2 Step right foot back, step left foot beside right
3-4 Step right foot forward, scuff left heel forward
5,6,7,8 Run forward left, right, left , pause [weight on left foot]

[17-24] Side Shuffle Turn, Scuff, Grapevine, Scuff

- 1,2,3,4 Step right foot to right side, left foot beside right, right foot to right making ¼ turn, scuff left heel forward
5,6,7,8 Step left foot to left side, right foot behind left, left foot to left side, scuff right heel forward [3:00]

[25-32] Strutting Half Jazz Box, Step Together, Heel Splits (Pigeon Toes)

- 1-2 Crossing right foot over left touch right toe down, slap heel down
3-4 Step back on left touch left toe down, slap heel down
5-6 Step on right foot, step left foot beside right
7-8 With weight equally on both feet spread heels out and in [3:00]

****At Wall 9, as the music slows, end of Count 32, facing 12:00: pause with the music, about 2 beats, then do heel splits as in counts 31-32 with the 2-beat chords, and start again from the beginning. When the dance ends you will be facing 6:00. If you wish, make 2x ¼ turns to the right to end facing 12:00 and do heel splits with the final 2-beat chords.**

'Do It' with a smile!