

Do Wah

拍數: 48 牆數: 4 級數: Improver
編舞者: Pauline Greenwood (AUS) - May 2016
音樂: Do Wah Diddy Diddy - Manfred Mann : (Album: At Abbey Road - Remastered
1997 - 2:24)



Position: Feet Together Weight On Left Foot. 8 Count Intro.
Dance Starts On The Word "There" - Counter Clockwise Rotation

[1 - 8] □WALK R, L, R, KICK, WALK L, R, L, KICK.

1 2 Step R forward, Step L forward,
3 4 Step R forward, Kick L foot forward,
5 6 Step L Forward, Step R forward,
7 8 Step L Forward, Kick R foot forward.

[9 - 16] □BACK, BACK, HIP BUMPS, BACK, BACK, HIP BUMPS

1 2 Step R back, Step L back,
3 & 4 Step R to R side bumping R hip, Bump L hip to L side, Bump R hip replacing to R,
5 6 Step L back, Step R back,
7 & 8 Step L to L side bumping L hip, Bump R hip to R side, Bump L hip replacing to L.

[17 - 24] □GRAPEVINE TOUCH, SIDE SHUFFLE, BACK, ROCK

1 2 Step R to R side, Step L behind R,
3 4 Step R to R side, Touch L beside R,
5 & 6 Step L to L side, Step R beside L, Step L to L side,
7 8 Step R back, Rock weight forward to L.

[25 - 32] □FORWARD, FORWARD, HIP BUMPS, FORWARD, FORWARD, HIP BUMPS

1 2 Step R forward, Step L forward,
3 & 4 Step R to R side bumping R hip, Bump L hip to L side, Bump R hip replacing to R,
5 6 Step L forward, Step R forward,**
7 & 8 Step L to L side bumping L hip, Bump R hip to R side, Bump L hip replacing to L.*

[33 - 40] □(X STEPS) DIAGONAL, TOUCH, DIAGONAL, TOUCH, SIDE, TOUCH, DIAGONAL, TOUCH.

1 2 Step R foot forward to R45, Touch L toe beside R,
3 4 Step L foot back to L45, Touch R toe beside L,
5 6 Step R to R side, Touch L toe beside L,
7 8 Step L foot forward to L45, Touch R toe beside L.

[41 - 48] □TOE STRUT, TOE STRUT, R, L, R, QUARTER

1 2 Touch R toe to R side, Drop R heel,
3 4 Touch L toe to L side, Drop L heel,
5 6 Rock weight R to R side, Replace weight to L side,
7 8 Rock weight R to R side, Turn ¼ L stepping L forward. (9:00)

RESTARTS* Wall 3 (6:00) and Wall 5 (3:00) Dance to count 32 and restart from beginning.

ENDING **□Wall 7 Dance to Count 30 stepping L to L side, facing the front.