

Do It Like This

拍數: 64 牆數: 4 級數: Intermediate / Advanced
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音樂: Do It Like This - Daphne Willis : (Single)



#16 count intro

[1 – 8] PRESS, RECOVER, BEHIND, SIDE, FORWARD, ¼ RIGHT C BUMP, ¼ RIGHT, ½ RIGHT

- 1,2,3&4 1) Press ball of R to right; 2) Recover to L; 3) Step R behind L; &) Step L to left; 4) Step R forward
- 5&6 5) Turn ¼ right bumping L hip up and to the left [3:00]; &) Step down on L bumping hips to center and right;
- 6) Bump L hip down to left side ending in a sit position with weight on L
- 7-8 7) Turn ¼ right stepping R forward; 8) Turn ½ right stepping L back [12:00]

[9 -16] BIG STEP BACK, DRAG, OUT, OUT, IN, FORWARD, MAMBO, BACK w/POP, BACK w/POP

- 1-2 1) Step R a big step back; 2) Drag L to R
- &3&4 &) Step L out to left; 3) Step R out to right; &) Step L to center; 4) Step R forward
- 5&6 5) Rock L forward; &) Recover to R; 6) Step L back
- 7-8 7) Step R back popping L knee forward; 8) Step L back popping R knee forward

[17-24] CROSS, BACK, SIDE, TOGETHER, SIDE, CROSS, BACK, SIDE, TOGETHER, ¼ LEFT

- 1,2,3&4 1) Step R across L; 2) Step L back; 3) Step R to right; &) Step L beside R; 4) Step R to right
- 5,6,7&8 5) Step L across R; 6) Step R back; 7) Step L to left; &) Step R beside L; 8) Turn ¼ left stepping L forward [9:00]

[25-32] ½ LEFT, COLLECT, FORWARD, FORWARD, HOLD, ¾ RIGHT, PRESS, HOLD, BODY ROLL

- &1,2,3,4 &) Turn ½ left stepping R back [3:00]; 1) Step L beside R; 2) Step R forward; 3) Step ball of L forward; 4) Hold
- &5,6,7,8 &) Turn ¾ right on R [12:00]; 5) Press L forward; 6) Hold; 7-8) Roll body back transferring weight to R

[33-40] LITTLE HOP, HIP SHAKE, COASTER STEP, ¼ RIGHT HEEL GRIND, RIGHT SAILOR, CROSS

- &1&2& &) Step L a small step forward; 1) Step R beside L pushing hips slightly left; &) Return hips to center; 2) Push hips slightly left;
- &) Return hips to center taking weight on R
- 3&4 3) Step ball of L back; &) Step ball of R beside L; 4) Step L forward
- 5-6 5) Step R heel beside L toe; 6) Turn ¼ right taking weight on L [3:00]
- 7&8& 7) Step ball of R behind L; &) Step ball of L to left; 8) Step R to right keeping hip open to right; &) Step L across R

[41-48] BIG STEP RIGHT, DRAG, BALL, CROSS AND CROSS, HIP, HIP, SIDE, TOGETHER, ¼ LEFT

- 1-2&3 1) Step R a big step to right; 2) Drag L toward R; &) Step ball of L beside R heel; 3) Step R across L
- &4,5-6 &) Step ball of L to left; 4) Step R across L; 5) Step L to left pushing hip L; 6) Step R to right pushing hip to right
- 7&8 7) Step L to left; &) Step R beside L; 8) Turn ¼ L stepping L forward [12:00]

[49-56] ¼ LEFT, CROSS, HOLD, 1¼ RIGHT, STEP, BALL, STEP, CROSS, RUN, RUN, RUN

- &1-2 &) Turn ¼ left stepping R a small step right [9:00]; 1) Step L across R; 2) Hold
- 3,4&5 3) Turn 1¼ right on ball of L [12:00]; 4) Step R a small step forward; &) Rock ball of L to left; 5) Recover to R

6-7&8 6) Cross L over R as you start a walk around turning right; 7&8) Turning right, run R-L-R finishing the walk around [12:00]

Note: Counts 6-7&8 are a smooth walk around starting at 12:00 and finishing at 12:00.

[57-64] POINT, BODY ROLL, BALL, STEP, CLOSE, CROSS, ¼ LEFT, ¼ LEFT, TOGETHER, ¼ LEFT

1,2&3,4 1) Point L to left; 2) Roll body to left taking weight on L; &) Step ball of R beside L; 3) Step L to left; 4) Step R beside L

5-6 5) Step L across R; 6) Turn ¼ left stepping R back [9:00]

7&8 7) Turn ¼ left stepping L to left; &) Step R beside L; 8) Turn ¼ left stepping L forward [3:00]

Tag: Occurring after rotation 1 facing 3 o'clock wall and after rotation 2 facing original 6 o'clock wall.

[1 – 8] RIGHT BOTAFOGO, LEFT BOTAFOGO, CROSS, ¼ RIGHT, ¼ RIGHT, STEP

1a2 1) Step R across L; a) Rock ball of L to left; 2) Recover to R

3a4 3) Step L across R; a) Rock ball of R to right; 4) Recover to L

5,6,7,8 5) Step R across L; 6) Turn ¼ right stepping L back; 7) Turn ¼ right stepping R forward; 8) Step L forward

[9 -16] RIGHT BOTAFOGO, LEFT BOTAFOGO, FORWARD, ¼ PADDLE, ¼ PADDLE, TOGETHER

1a2 1) Step R across L; a) Rock ball of L to left; 2) Recover to R

3a4 3) Step L across R; a) Rock ball of R to right; 4) Recover to L

5,6,7,8 5) Step R forward; 6) Turn ¼ right pointing L to left; 7) Turn ¼ right pointing L to left; 8) Step L beside R

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