

Do A Little?

拍數: 64 牆數: 4 級數: Improver
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音樂: Get Down Tonight - KC and the Sunshine Band : (Album: Best of...)



Start with vocals (No Tags Or Restarts!)

[1-8] WALK R-L, R TRIPLE, 1/4 TURN RIGHT TWICE

1,2 R step forward (1), L forward (2)
3&4 R step forward (3), L step next to R (&), R step forward (4)
5,6 L step forward pivoting 1/4 right (5), R step in place (6)
7,8 L step forward pivoting 1/4 right (7), R step in place (8)

[9-16] R-L TRAVELING STEP-BALL-CHANGES, L KICK-BALL-CHANGE TWICE

1&2 L step forward (1), R ball-step to side (&), L step in place (2)
3&4 R step forward (3), L rock side left (&), R recover (4)
5&6 L kick forward (5), L ball-step next to R (&), R step next to L (6)
7&8 L kick forward (7), L ball-step next to R (&), R step next to L (8)

[17-24] PIVOT 1/4 RIGHT, TRIPLE CROSS, R SIDE ROCK, L SYNCHOPATED WEAVE

1,2 L step forward pivoting 1/4 right (1), R step in place (2)
3&4 L step across R (3), R step side (&), L step across R (4)
5,6 R rock side right (5), L recover (6)
7&8 R step across behind L (7), L step side left (&), R step across L (8)

[25-32] STEP-HEEL-HOLD, BALL-CROSS, UNWIND 1/2 TURN RIGHT

1,2 L step side left (1), R heel touch diagonal right (2)
3&4 R hand swing and snap out at hip level twice (3), (&), (4)
&5 L ball-step next to R (&), R step across L (5)
6,7,8 Begin 1/2 turn right on balls of both feet (6), (7), Complete unwind, weight to L (8)

[33-40] R STEP SIDE, SHOULDER SHRUGS, L STEP SIDE, HIP BUMPS

1,2 R step side right (1), L touch next to R (2)
&3&4 Shrug shoulders up-down-up-down (&), (3), (&), (4)
5,6 L step side left (5), R touch next to L (6)
&7&8 Hip bumps right-left-right-left (&), (7), (&), (8) (weight ends up on L)

[41-48] K STEP

1,2 R step forward right diagonal (1), L touch next to R (2)
3,4 L step back to center (3), R touch next to L (4)
5,6 R step back diagonal (5), L touch next to R (6)
7,8 L step back to center (7), R touch next to L (8)

[49-56] R STEP SIDE, SHOULDER SHRUGS, L STEP SIDE, HIP BUMPS

1,2 R step side right (1), L touch next to R (2)
&3&4 Shrug shoulders up-down-up-down (&), (3), (&), (4)
5,6 L step side left (5), R touch next to L (6)
&7&8 Hip bumps right-left-right-left (&), (7), (&), (8) (weight ends up on L)

[57-64] DIAGANOL STEP-SLIDE TOUCHES FORWARD AND BACK

1,2 R step diagonal forward (1), L slide to touch next to R (2)
3,4 L step diagonal forward (3), R slide to touch next to L (4)

5,6 R step diagonal back (5), L slide to touch next to R (6)
7,8 L step diagonal back (7), R slide to touch next to L (8)

START AGAIN

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