

Do It

拍數: 48 牆數: 4 級數: High Improver
編舞者: Laurie Schlekeway-Burkhardt (USA), Joey Westervoorde & Mariah Burkhardt -
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音樂: The Humpty Dance - Digital Underground : (Album: Bringing back some 80s/90s
vibe!)



No Tags/Restarts

[1-8]: Bouncy kicks, hip swivels

1 & 2, & 3&4 & Kick right foot forward with some bounce (1), step in place (&) kick left foot forward (2); swivel hips and heels right (3), left (&), right (4), step down on right (&)
5-8 repeat same on left side

[1-8]: Back body roll to right and left, full diagonal turn, shuffle step

1-4 Step back on right foot and body roll (1-2), step back on left and body roll (3-4)
5-8 Facing 1 o'clock, make a full turn stepping right (5), left (6), shuffle right, left, right (7&8)

[1-8]: Make ½ turn to right, hitch, shuffle, hip swivels making turn back to front wall

1-2, 3&4 Making a ½ turn to back wall 7 o'clock, step back on the left foot (1), hitch right knee up (2), shuffle forward right, left, right (3&4)
5-8 using left foot to pivot back to the front wall, swivel hips around to the left (5), weight comes down on right (6), swivel hips around to the left (7), weight comes down on the right (8)

[1-8]: Right rock steps with triple, left rock steps with swivel

1-2, 3&4 Step right foot out to right side (1), step left back in place (2), triple to the right – right, left right (3&4)
5-6, 7&8 Repeat same thing to the left. When doing this move, really move your shoulders in the same direction as your feet are going

[1-8]: Kick ball cross, ½ turn, hip thrusts

1-4 Kick right foot forward (1), step in place (&), step left foot over right (2), make a ½ turn over right shoulder (3-4)
5-8 Take big step forward on right (5), thrust your hips forward (6), take a big step forward on left, (7), thrust hips forward (8)

[1-8]: Kick, step, step, walk, walk, bunny side hops with hips and hands

1 & 2, 3-4 Kick right foot forward (1), step down on right (&), step forward on left (3), walk forward right, left (3-4)
5&6, 7&8 With feet together jump both feet out to right side and bump hips right, left, right and snapping high and low (5&6), make a ¼ turn to right and repeat (7&8).

REPEAT
