

Do It Like This Do It Like That

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2019
音樂: Write My Story - Olly Anna



Start the dance intro after 8 counts – 4 secs – 2mins 14secs – 118bpm

Sequence: Intro, Main, Main, Main restarting after 64 counts, Main, 1st 16 to end

Music Available - Amazon

Intro 8 counts

1&2& Hold on 1 (weight on left), clap hands on 2& in time with hand claps in music
3&4& Clap hands on 3&4& in time with hand claps with music (7 claps in total)
5-6 Stomp R forward, stomp L forward apart from R
7-8 Step R back, step L together

Main dance 80 counts

[1-8] R syncopated grapevine, R side, L heel fwd, L together, R toe together, R back, ¼ L heel ball cross

1 2&3 Step R side, cross step L behind R, step R side, cross step L over R
4 Step R side
5&6& Touch L heel forward, step L together, touch R toes together, step R back
7&8 Turning ¼ left touch L heel forward, step L back, cross step R over L (9 o'clock)

[9-16] L syncopated grapevine, L side, R heel fwd, R together, L toe together, L back, ¼ L R heel ball cross

1 2&3 Step L side, cross step R behind L, step L side, cross step R over L
4 Step L side
5&6& Touch R heel forward, step R together, touch L toes together, step L back
7&8 Turning ¼ left touch R heel forward, step R back, cross step L over R (6 o'clock)

WALL 4 ENDING: After dancing 16 counts quickly turn ½ R to face front. Ta-dah! Have fun!

[17-24] ¼ L, ½ L, R fwd shuffle, L fwd, ½ L figure 4, walk fwd R/L

1-2 Turning ¼ left step R back, turning ½ left step L forward (9 o'clock)
3&4 Step R forward, step L together, step R forward
5-6 Step L forward, with weight on L turn ½ left with R knee up (figure 4) (3 o'clock)
7-8 Step R forward, step L forward

[25-32] R fwd, ½ R, R coaster, L fwd, ¾ L figure 4, walk fwd R/L

1-2 Step R forward (extended 5th), turning ½ right step L back (9 o'clock)
3&4 Step R back, step L together, step R forward
5-6 Step L forward, with weight on L turn ¾ left with R knee up (figure 4) (12 o'clock)
7-8 Step R forward, step L forward

Do It Like This Do It Like That with armography. See below

[33-40] R side rock/recover, R together, L side rock/recover, L together, R fwd rock/recover, ½ R triple turn

1-2& Rock R side, recover weight on L, step R together
3-4& Rock L side, recover weight on R, step L together
5-6 Rock R forward, recover weight on L
7&8 Turning ½ right step R forward, step L together, step R together (6 o'clock)

[41-48] L side rock/recover, L together, R side/recover, R together, L fwd rock/recover, ½ L triple turn

1-2& Rock L side, recover weight on R, step L together
3-4& Rock R side, recover weight on L, step R together
5-6 Rock L forward, recover weight on R

7&8 Turning ½ left step L forward, step R together, step L together (angle body to left on 8) (12 o'clock)

Armography for counts 33-48

1-2& Pendulum swing both arms to right side of body on 1-2, on & circle them in a clockwise direction
3-4& Pendulum swing both arms to left side of body on 3-4, on & bring both arms into body
5-6 Push both arms forward with palms forward
7&8 Drop arms on ½ R triple turn
1-2& Pendulum swing both arms to left side of body on 1-2, on & circle them in counter clockwise
3-4& Pendulum swing both arms to right side of body on 3-4, on & bring both arms into body
5-6 Push both arms forward palms forward
7&8 Drop arms on ½ L triple turn

[49-56] L weave 2 , R sailor, diagonal syncopated L rocking chair*

1-2 Cross step R over L, step L side
3&4 Cross step R behind L, step L side, step R side (turning towards right diagonal)
5&6& On diagonal rock L forward, recover weight on R, rock L back, recover weight on L
7&8& Repeat 5&6&

***Single time option: On counts 5-8 for less syncopation, on the diagonal L rocking chair:**

5-6 Rock L forward, recover weight on R
7-8 Rock L back, recover weight on R

[57-64] R weave 2, L sailor, diagonal syncopated R rocking chair*

1-2 Cross step L over R, step R side
3&4 Cross step L behind R, step R side, step L side (turning towards left diagonal)
5&6& On diagonal rock R forward, recover weight on L, rock R back, recover weight on L
7&8& Repeat 5&6& (straightening up to 12 o'clock at end of sequence)

***Single time option: On counts 5-8 for less syncopation, on the diagonal R rocking chair:**

5-6 Rock R forward, recover weight on L
7-8 Rock R back, recover weight on L

WALL 3 RESTART: After 64 counts restart dance facing front wall.

[65-72] R fwd, slow ½ L pivot turn with hand claps, R fwd, ½ L pivot turn, stomp R/L

1-4 Step R forward, slowly pivot ½ left (6 o'clock)

Armography: after stepping forward on 1, clap your hands in the air or you can start high & work low with the music on &2&3&4& (7 claps)

5-6 Step R forward, pivot ½ left (12 o'clock)
7-8 Stomp R, stomp L

[73-80] R fwd, slow ½ L pivot turn with hand claps in music, R fwd rock/recover, R touch flick

1-4 Step R forward, slowly pivot ½ left (6 o'clock)

Armography: after stepping forward on 1, clap your hands with the music on &2&3&4& (7 claps)

5-6 Rock R forward, recover weight on L
7-8 Touch R together, flick R back

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