

Show Me The Do

拍數: 64 牆數: 2 級數: Improver
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音樂: Do Si Do - Diplo & Blanco Brown



[1 – 8]: WALK, WALK, LASSO, SPANK, LASSO

- 1, & 3 & 4 Walk forward right, left (1-2), making a lassoing motion, jump in place right (&), left (3), right (&), left (4)
- 5 – 8 Making a ¼ turn to left, do the same motion with your feet, but making a spanking motion: jump in place right (&), left (5), right (&), left (6), make another ¼ turn to left and go back to the lasso motion: jump in place right (&), left (7), right (&), left (8)

[1 – 8]: STRADDLE STEP, HOLD, ½ TURN STRADDLE, HOLD, ½ TURN, RIGHT, LEFT, RIGHT, LEFT RIGHT LEFT

- 1 – 4 Step right foot out to right side (1), hold (2), make a ½ turn over your left shoulder and step left foot out to left side (3), hold (4)
- 5 – 8 Make another ½ turn over left shoulder and step right (5), left behind right (&), right (6), now, moving to left step left (7), right behind left (&), left (8)

[1 – 8]: HEEL SLAPS RIGHT, STOMP, STOMP, STOMP; HEELS SLAPS LEFT, STOMP, STOMP, STOMP

- 1 – 4 Cross right foot over left thigh and slap (1), kick right foot forward (&), kick right foot up to right side and slap (2), kick right foot forward (&), stomp left, right, left (3&4)
- 5 – 8 Now do the same thing on the left. Bring left foot up across right thigh and slap heel (5), kick left foot forward (&), kick left heel up to left side (6), kick left heel forward (&), stomp left, right, left (7 & 8)

[1 – 8]: OUT, CENTER, OUT CENTER, TOE BACK, TOE FORWARD, MULE KICK

- 1 – 4 Take your whole body out to the right side on right foot (1), bring back center (2), take whole body out to left on left foot (3), back to center keeping weight on left foot (4)
- 5 – 8 Touch right to back (5), touch right heel forward (6), kick right foot back (7), twist foot upward making a ½ turn to the right

[1-8]: FULL TURN SHUFFLE STEPS

- 1-8 Turning to about 2-3 o'clock, shuffle right, left, right (1&2), turning to about the 6 o'clock, shuffle back left, right, left (3&4), turning to about 8-9 o'clock shuffle forward right, left, right (5&6), facing back to the front wall, shuffle back left, right, left (7&8)

[1-8]: ROCK, RECOVER, KICK BALL CHANGE, WALK, WALK, KNEES IN, KNEES OUT

- 1-4 Rock back on right foot, recover back on left (1-2), kick right foot forward (3), step right in place (&), step left forward (4)
- 5-8 Walk forward right, left (5-6), doing the same moves in the beginning when we do the lasso, jump right, left, right, left – on the first right, left bring your knees in, on the 2nd right, left, take your knees out (&7&8)

[1-8]: RIGHT, BEHIND, & HEEL, & CROSS MAKING ¼ TURN, STEP, CLAP/CLAP, ¼ TURN STEP, CLAP

- 1-4 Step right to the right (1), step left behind (2), step down on right (&), kick your left heel up starting to make a ¼ turn to the left (3), step down on left (&), cross right over the left – should be facing 9:00 (4)
- 5-8 Step forward on left (5), clap twice (&6), make a ¼ turn to left – now facing back wall – step right out to right for a slight straddle (7), clap once (8)

[1-8]: LEFT SAILOR, RIGHT SAILOR, KICK AND OUT, SIDE KICKS

- 1-4 Step left slightly behind left (1), step right in place (&), step left slight out to left (2), step right slightly behind left (3), step left in place (&), step right slight out to the right (4)

5-8 Kick left foot forward (5), step down on left (&), kick right foot out to right side (6), step down on right (&), kick left foot out to left side (7), step left in place (&), kick right foot out to right side (8)

REPEAT DANCE □
