

You Do You

拍數: 40 牆數: 4 級數: Phrased High Intermediate
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音樂: You Do You - Zayde Wolf



Sequence: A, Tag 1, A, Tag 2, A, Tag 1, A, B, B, B, B, Tag 2, A, A, B, B
Ends nicely at 12:00!

PART A – 32 counts

[1-8]: Out out, touch, forward rock, recover, 1 ½ turn to right*

&1, 2, 3, 4 Step R out to right (&), step L out to left (1), touch right to R (2), rock R forward (3), recover to L (4)

5, 6, 7, 8 Step forward on R turning ½ turn right (6:00) (5), step back on L continuing another ½ turn right

(12:00)(6), step forward on R turning ½ to the right (6:00) (7), step forward on L (8)*

*see below for a less “turny” option

[9-16]: Ball step, recover, ball step and pivot, 2 steps back, ¼ turn right sailor

& 1, 2 Step on ball of R foot (&) rock forward on L (1), recover to R foot (2)

&3, &4 step on ball of L foot (&), step forward on R (3), swivel heels to right (&), swivel heels back to left (4)

5, 6 Step R foot back (5), step L foot back (6)

7 &8 step R foot back turning ¼ right (9:00) (7), step L next to R (&), step R foot forward (8) (9:00)

[17-24]: ¼ turn left pivot, partial jazz box with a side shuffle, cross-unwind ¾, side rock recover

1, 2, 3 Pivot both feet ¼ turn to the left, keeping weight on L (6:00) (1), cross R over L (2), step L back (3)

4 &5 step R to right (4), step L to R (&) Step R to right (5)

6, 7 cross L over right (6), unwind ¾ turn to the right for 1 count, keeping weight on the L (3:00) 7)

8& rock R to right (8), recover to L ball (&)

[25-32]: cross-unwind, step behind and sweep, behind, side, cross rock, recover

1, 2 Cross R over L (1), unwind ½ turn to the left (keeping weight on the right)(2) (9:00)

3, 4 step L behind R, (3), sweep R from front to back (4)

5, 6 Step R behind L (5), Step L out to left (6)

7, 8 cross rock R over L with slight body roll (7) recover on to L (8)

PART B – 8 counts

[1-8]: Out out, cross, step back with 1/8th turn right, step out with 1/8 turn right (¼ turn total – kind of like a ¼ turn jazz box), step, lock, step forward, hold

&1 Step R to right (&), step L to left (1)

2, 3 Cross R over L beginning a slight turn to the right (2), step L back continuing 1/8 turn right (3) (1:30)

4 Step R to right completing a ¼ right (4) (3:00)

5, 6 Step L forward (5), lock R behind L (6)

7, 8 Step L forward (7), hold (8)

TAG 1 (16 counts) (after walls 1 and 3)

[1-8]: out out, hitch, step and drag, behind side cross, step and drag

&1 Step R to right (&), step L to left (1)

2, 3-4 slightly hitch R leg (2), step R out to right and drag L to R (3-4)

5&6 L behind R (5), step R to right (&), cross L in front of R (6)

7-8 step R out to right drag L to R (7-8)

[9-16] :ball cross, hitch, step and drag, behind side cross, step and drag

&1 Step on ball of L (&), cross R over L (1)

2, 3-4 slightly hitch L leg (2), step L out to left and drag R to L (3-4)

5&6 Step R behind L (5), step L to left (&), cross R in front of L (6)

7-8 step L out to left and drag R to L (7-8)

TAG 2 (4 counts) (after walls 2 and 8)

[1-4]: out out, hip roll

&1 Step R to right (&), step L to left (1)

2-4 Roll hips counter-clockwise for 3 counts, ending with weight on the L

***less "turny" options for Part A, Section 1, counts 5-8**

5, 6, 7, 8 Step forward on R turning $\frac{1}{2}$ turn right (6:00) (5), rock forward on L (6:00)(6), rock back on R (6:00) (7), step forward on L (8)

Last Update - 18 May 2020
