

Do It Yourself

拍數: 64 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - September 2020
音樂: DO IT YOURSELF - ILIRA



Dance starts on lyrics - starts immediately.

[S1] Fwd, Fwd Rock, 1/2L-1/2L-1/2L Shuffle Fwd, Paddle Turn-Cross

- 1 2& Step forward on R, Rock forward on L, Recover weight on R
- 3 4 Make a ½ turn left stepping forward on L, Make a ½ turn left stepping back on R
- 5&6 Make a ½ turn left shuffle forward L-R-L (6:00)
- 7&8 Step forward on R, Make a ¼ turn left recover weight on L, Cross R over L (3:00)

[S2] Side, Hitch/Switch, Cross Rock-Point, Fwd-Samba 1/4L, Cross Rock-Side-Rock

- 1 2 Step L to the side and dragging R close to L, Step/switch R next to L and hitch L knee up
- 3&4 Rock L across R, Recover weight on R, Point L to the side
- 5&6 Step forward on L, Make a ¼ turn left stepping R to the side, Recover weight on L (12:00)
- 7&8& Rock R across L, Recover weight on L, Rock R to the side, Recover weight on L

[S3] Modified Figure 8, Touch Back-Unwind 1/2R

- 1 2 Cross R over L, Step L to the side
- 3& Step R behind L, Make a ¼ turn left stepping forward on L (9:00)
- 4& Step forward on R, Make a ½ turn left recover weight on L (3:00)
- 5& Make a ¼ turn left stepping R to the side, Step L behind R (12:00)
- 6& Make a ¼ turn right stepping forward on R, Step L to the side (3:00)
- 7 8 Touch back on R toe, Make a ½ turn right (unwind) weight ends on R (9:00)

[S4] Side, 1/4R Flick, Step-Lock-Step, Ball-1/2L Together, Step-Lock-Step-Paddle Turn-Fwd

- 1 2 Step L to the side, Flick L foot back as soon as you step R next to L while making a ¼ right turn (12:00)
- 3&4 Step forward on L, Lock R behind L, Step forward on L
- &5 Step forward on ball of R, Swiftly make a ½ turn right stepping L next to R (6:00)
- 6&7 Step forward on R, Lock L behind R, Step forward on R
- &8& Step forward on L, Make a ¼ turn right recover weight on R, Step forward on L (9:00)

*16 Count Tag: The end of Wall 1 (9:00) and Wall 3 (3:00)

[S1] Out(1)-Out(2), Ball(&)-In(3)-In(&)-Out(a)-Out(4)-Back(&)-Coaster Step(5&6), Chase Turn 1/2R(7&), Run-Run(8&)

- 1 2& Step R to the side (out), Step L to the side (out), Ball step R-slightly stepping back to the centre
- 3&a4 Step L next to R (in), Step R next to L (in), Step L to the side (out), Step R to the side (out)
- &5&6 Step back on L, Step back on R, Step L next to R, Step forward on R
- 7&8& Step forward on L, Make a ½ turn right recover weight on R, Step forward on L, Step forward on R

[S2] Out(1)-Out(2), Ball(&)-In(3)-In(&)-Out(a)-Out(4)-Back(&)-Together(5), Fwd(6), Fwd w/ 1/2R Sweep(7), Back-Together(8&)

- 1 2& Step L to the side (out), Step R to the side (out), Ball step L-slightly stepping back to the centre
- 3&a4 Step R next to L (in), Step L next to R (in), Step R to the side (out), Step L to the side (out)
- &5 Step back on R, Step L together
- 6 7 Step forward on R, As soon as you step forward on L make a ½ turn right on ball of L foot and sweep R around L

8& Step back on R, Step L next to R

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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