

Do It

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: Do It (feat. Becky G) - Empire Cast



INTRO MUSIC 16 C - NO TAG ..NO RESTART

#1. KICKBALL CROSS - DIAGONAL FORWARD - TOUCH - KICKBALL CROSS - DIAGONAL FORWARD - TOUCH

1&2 R kick forward, step R beside L, step L cross over R
3-4 Step R diagonal forward, L touch beside R
5&6 L kick forward, step L beside R, step R cross over L
7-8 Step L diagonal forward, R touch beside L

#2. CROSS - ¼ R BACK - SIDE - SHUFFLE FWD - TOUCH - ¼ L TOUCH - ¼ L ROCK SIDE - RECOVER - TOUCH

1&2 Cross R over L, Turn ¼ to right stepping L back, Step R to side
3&4 Shuffle fwd (L,R,L)
5-6 Touch R to side, Turn ¼ to left touching R to side
7&8 Turn ¼ to left stepping R to side, recover on L, touch R next to L

#3. KICK BALL FORWARD - ½ TURN - ½ TURN - ½ TURN - FORWARD SHUFFLE - FORWARD MAMBO

1&2 R kick forward, step R beside L, step L forward
3-4 ½ turn right transfer weight onto right, ½ turn left transfer weight onto left
5&6 ½ turn right step R forward, step L beside R, step R forward
7&8 Step L forward, recover on R, step L back

#4. APPLE JACK - FORWARD MAMBO - BACK MAMBO

1&2& Weight on L heel and R toes swivel left toes and right heel to left, return both feet to centre, change weight to opposite heel and toe swivel right, return both feet to centre
3&4& Weight on L heel and R toes swivel left toes and right heel to left, return both feet to centre, change weight to opposite heel and toe swivel right, return both feet to centre
5&6 Step R forward, recover on L, step R back
7&8 Step L back, recover on R, step L forward

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