

Do It Fast

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Monica Goldman (USA) - September 2021
音樂: Do It Fast - Tim Montana



Intro - 48 counts from start of track

*2 restarts, 1 tag

Shuffle forward RLR, shuffle forward LRL, rock recover, Stomp x2

1 & 2 - Shuffle step forward- RF (1), LF (&), RF (2)
3 & 4- Shuffle step forward LF (3), RF (&), LF (4)
5, 6- Rock forward on RF, Recover weight back onto LF
7, 8- Stomp RF next to LF x2

Shuffle back RLR, Shuffle back LRL, Rock recover, Kick Ball Change

1 & 2- Shuffle step moving backwards- RF (1), LF (&), RF (2)
3 & 4- Shuffle step moving backwards - LF (3), RF (&), LF (4)
5, 6- Rock back onto RF, recover weight forward onto LF
7 & 8- Kick RF forward with weight on LF (7), step ball of RF down next to LF placing weight on ball (&), step LF next to right, placing weight on LF (8)

*Restart at wall 4 after first 16 counts

*Restart at wall 8 after first 16 counts

Cross Point, Cross Point, 1/4 turn Jazz box

1, 2- Cross RF over LF, Point Left toe to Left side
3, 4- Cross LF over RF, Point Right toe to Right side
5, 6- Cross RF over LF, Step back on LF
7, 8- Step RF down making 1/4 turn over Right shoulder, Step LF forward

Cross Point, Cross Point, Cross Unwind (Full turn)**

1, 2- Cross RF over LF, Point Left toe to Left side
3, 4- Cross LF over RF, Point Right toe to Right side
5, 6, 7, 8- Cross RF over LF, Unwind over left shoulder, making a full turn ending with weight on LF

****Alternatively for the Cross Unwind, you can do a Jazz Box instead**

5, 6, 7, 8- Cross RF over LF, Step back LF, Step RF down, Step LF down next to RF

***Tag on wall 10 after 32 counts, add 4 count Jazz Box**

1, 2, 3, 4 Cross RF over LF, Step back LF, Step RF down, Step LF down next to RF

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