

Do It For Me

拍數: 48 牆數: 4 級數: Upper Beginner
編舞者: Lu Olsen (AUS) & Julie Hearne (AUS) - March 2023
音樂: Do It for Me - Chantry Smith : (iTunes)



#8 count intro start on vocals Ver: 2.00 - ACW rotation

[1-8] Fwd Mambo, Back Mambo, Side Mambo, Side Mambo

1 & 2, Fwd Right mambo: Rock R fwd, Recover onto L, Step R Tog 12.00
3 & 4 Back Left mambo: Rock L Back, Recover onto R, Step L Tog
5 & 6, Right side mambo: Rock R to Right, Recover onto L, Step R Tog 12.00
7 & 8 Left side mambo: Rock L to Left, Recover onto R, Step L Tog

[9-16] Shuffle fwd to 1.30, Shuffle fwd to 10.30, ¾ R turning Volta steps

1 & 2, Right shuffle fwd to R corner(1.30) R, L, R, 1.30
3 & 4 Left shuffle fwd to L corner(10.30) L, R, L 10.30
5 & 6 & (Volta Steps counts 5-8...¾ right turning arc) =Step R fwd, Lock L, Step R fwd, Lock L,
7 & 8 Step R fwd, Lock L, Step R fwd 9.00

[17-24] Fwd. Fwd. Fwd Coaster, Back, Back, Coaster

1, 2, 3 & 4 Walk fwd L, R, (Forward Left Coaster:) Step L fwd, Step R Tog, Step L back
5, 6,, 7 & 8 Walk back R, L, (Right Coaster:) Step R back, Step L Tog, Step R fwd 9.00

[25-32] Side, Recover, Cross, Side, Recover, Cross, Side, Recover, Behind, ¼ fwd, Fwd,

1 & 2, Rock L to left, Recover onto R, Cross L over R, 9.00
3 & 4 Rock R to Right, Recover onto L, Cross R over L
5, 6, Step L to left, Recover onto R,
7 & 8 Step L behind R, ¼ Right turn & step R fwd, Step L fwd 12.00

[33-40] Skate, Skate, Shuffle fwd diag, Fwd, Recover, ¼ Side, Tog, Fwd

1, 2, 3 & 4 Skate fwd R, L, Shuffle fwd to R Diag stepping R, L, R 12.00
5, 6, Rock L fwd, Recover onto R 12.00
7 & 8 ** ¼ Left turn & step L to Left, Step R beside L, Step L fwd ** 9.00

[41-48] Fwd, ¼ Paddle, Fwd, ¼ Paddle, Fwd, Fwd, ½ pivot, Fwd

1, 2, 3, 4, Step R fwd, ¼ Left paddle, Step R fwd, ¼ left paddle, 3.00
5, 6, 7, 8 Step R fwd, Step L fwd, ½ Right pivot, Step L fwd 9.00

SHORT: WALL 2 and WALL 4 - Dance to count 40 ** then start again.
Wall 6 ending 45-48 R jazzbox at 12.00

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