

Let Me Be Your Doctor

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Denise Pena-Olivarez (USA) & Katie Robinson (USA) - March 2024
音樂: Doctor (Work It Out) - Pharrell Williams & Miley Cyrus



Intro: 4 counts, Dance starts on "I could be..."

No tags, no restarts! :)

[1-8] Walk, Walk, kick-and-point (x2), heel twists (x2)

1,2 Walk forward R, L
3&4 Kick R forward (3), ball step onto R (&), Point L out to L (4)
5&6 Kick L forward (5), ball step onto L (&), Point R out to R (6)
7&7&8 Twist R heel outward (&), return R ankle to center (7), Twist L heel outward (&), return to center (8)

[9-16] Hip sways, ¼ turn shuffle, rock recover, sailor step

1,2 Sway hips R, L
3&4 Shuffle R, L, R, turning ¼ over R (end facing 3:00)
5,6 Step L forward, recover back onto R making a ¼ turn over R (now facing 6:00)
7&8 Sailor step (step L behind R, ball step onto R, step L out to L side) - your body will naturally open up toward (4:30)

[17-24] Cross, ball cross, hitch, pivot turns

1,2& Cross R over L (1), hold (2), ball step L (&)
3,4 Cross R over L (3), hitch L toward 4:30 (4)
5,6 Step L backwards (5), pivot ¾ over L shoulder, now facing 12:00 (6)
7,8 Step forward R (7), pivot ½ over L shoulder and step onto L, now facing 6:00 (8)

[25-32] Syncopated rocking chair, heel twist, pivot, ¾ turn

1&2& Step forward onto R (1), step back onto L (&), Step backward onto R (2), step forward onto L (&)
3&4 Step R forward (3), twist both heels to R (&), return heels to center (4)
&5,6 Step onto R (&), Step L forward (5), ½ pivot over R shoulder and step onto R, now facing 12:00 (6)
7,8& continue ½ turn pivot over R shoulder, stepping L backwards, now facing 6:00 (7), continue ¼ turn over R shoulder by stepping R to R side (now facing 3:00) (8), ball step onto L (&)

Last Update: 12 Mar 2024