

Do Both

拍數: 56 牆數: 2 級數: High Beginner
編舞者: Martha Ferrante (USA) - March 2024
音樂: Do Both - Austin Brown



Tag: 16 Count Tag - 1 after wall 2 at 12:00

SIDE ROCK, TRIPLE CROSS

1-2, 3&4 Side Rock R, Triple Cross (RF over LF)
5-6, 7&8 Side Rock L, Triple Cross (LF over RF)

LINDY

1&2 Step RF to R, Step LF next to RF, Step RF to R
3-4 Rock LF behind RF, Recover forward onto RF
5&6 Step LF to L, Step RF next to LF, Step LF to L
7-8 Rock RF behind LF, Recover forward onto LF

TRIPLE STEP, ¼ TURN L, TRIPLE STEP, ¼ TURN L

1&2 Triple Step forward (R,L,R 12:00)
3&4 ¼ Turn L with a Triple Step forward (L,R,L 9:00)
5&6 Triple Step forward (R,L,R 9:00),
7&8 ¼ Turn L with a Triple Step forward (L,R,L 6:00)

CHARLESTON, 2 STEPS, OUT, OUT, IN, IN

1-2-3-4 Step RF forward, kick LF forward, step LF back, touch RF back
5-6 Step forward RF, Step forward LF
7&8& Step RF to side (7), Step LF to side (&), Step RF in (8), Step LF in (&)

CHARLESTON (2x)

1 Step RF forward (place weight)
2-3-4 Kick LF forward, step LF back, touch RF back
5-6-7-8 Step RF forward, kick LF forward, step LF back, touch RF back

BACK TRIPLE STEPS (4x)

1&2, 3&4 R,L,R, L,R,L
5&6, 7&8 R,L,R, L,R,L

STEP TOUCH (4x)

1-2, 3-4 Step R to side Touch L to R, Step L to side Touch R to L
5-6, 7-8 Step R to side Touch L to R, Step L to side Touch R to L

TAG- 16 Counts (music slows)

ROCK, COASTER STEP (2x)

1-2, 3&4 R Rock Recover L, R Coaster Step
5-6, 7&8 L Rock Recover R, L Coaster Step

K STEP

1-2, 3-4 Step R fwd to R diagonal, touch L together, Step L back to L diagonal, touch R together
5-6, 7-8 Step R back to R diagonal, step L next to R, Step L fwd to L diagonal, step R next to L

