

Doctor

拍數: 32 牆數: 4 級數: Beginner
編舞者: Christina Yang (KOR) - May 2024
音樂: Doctor (Work It Out) - Pharrell Williams & Miley Cyrus



Start the dance after 4 counts

SECTION 1: (SIDE ROCK, RECOVER, SIDE SHUFFLE) X 2(R/L)

- 1-2 Rock RF to side, recover on LF (Hand styling: swing both hands to R(1)/ swing both hands to L(2))
- 3&4 Step RF to side, closed LF to RF, step Rf to side (Hand styling: circling both hands to counterclockwise)
- 5-6 Rock LF to side, recover on RF (Hand styling: swing both hands to R(1)/ swing both hands to L(2))
- 7&8 Step LF to side, closed RF to LF, step LF to side (Hand styling: swing both hands to R(1)/ swing both hands to L(2))

SECTION 2: FORWARD, 1/4 TURN TO L WITH SYNCOPATED JAZZ BOX FORWARD, FORWARD ROCK, RECOVER, BACKWARD SHUFFLE

- 1-2& Step RF forward, cross LF over RF, 1/4 turn to L stepping RF backward
- 3-4 Step LF side, step RF forward
- 5-6 Rock LF forward, recover on RF
- 7&8 Step LF backward, closed RF to LF, step LF backward

SECTION 3: BACKWARD ROCK, RECOVER, 2 TIMES OF FORWARD WALK, 1/4 TURN TO L WITH PIVOT, CROSS, SIDE

- 1-4 Rock RF backward(option: push your weight to backward strongly), recover on LF, step RF forward, step LF forward
- 5-8 Step RF forward, 1/4 turn to L stepping LF side, cross RF over LF, step LF to side

SECTION 4: SIDE, TOUCH, SIDE, TOUCH, SAILOR STEP 1/4 TURN TO L WITH SAILOR TURN

- 1-4 Step RF to side(option: you can use hip roll), LF touch to L side, step LF to side(option: you can use hip roll), RF touch to R side
- 5&6 Cross RF behind LF, closed LF to RF, step RF diagonal forward
- 7&8 1/4 turn to L stepping LF backward, closed RF to LF, step LF forward

NO TAG, NO RESTART

CONTACT

E-mail: chrisjj0618@yahoo.com
<https://www.facebook.com/christina.yang.148553>
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