

拍數: 64

級數: Improver

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牆數: 2

音樂: Do Ya (From the Paramount+ Original Series Landman) - Belle Frantz

16 ct. intro

[1 - 8] STOMP FAN 2X

- 1-4 Stomp R forward with toes slightly pointed in; Fan R toes out; Fan R toes in; Step R in place
- 5 8 Stomp L forward with toes slightly pointed in; Fan L toes out; Fan L toes in; Step L in place

[9 - 16] STEP HOOK, BACK KICK, BACK HOOK, FORWARD BRUSH

- 1 4 Step R forward; Hook L foot behind R calf, slapping L heel with R hand; Step L back; Kick R forward
- 5 8 Step R back; Hook L in front of R shin; Step L forward; Brush R forward (or lift R knee)

[17-24] LOCK STEP FORWARD BRUSH 2X

- 1 4 Step R forward; Step L behind R; Step R forward; Brush L
- 5 8 Step L forward; Step R behind L; Step L forward; Brush R

[25-32] FWD ½ PIVOT, ¼ TURN, HOLD, WEAVE

- 1 4 Step R forward; Turn 1/2 left, transferring wt. to L; Turn 1/4 left, stepping R to right; Hold 3:00
- 5-8 Step L behind R, Step R to right; Step L in front of R; Step R to right (open body to left)

[33-40] BACK ROCK, FWD ROCK, BACK ROCK, BIG STEP FWD, TOUCH

- 1 4 Rock L back facing left diagonal; Return weight to R; Rock L forward; Return weight to R 2:00
- 5 8 Rock L back; Return weight to R; Big step forward on L (drag R to L); Touch R beside L 2:00

[41-48] FWD ROCK, SIDE ROCK, SAILOR ½ TURN, HOLD

- 1 2 Step R ball forward, small step; Return wt. to L
- 3 4 Press R ball to right, small step, square up to 3:00; Return wt. to L 3:00
- 5 8 Step R ball behind L; Turn ½ right, stepping L to left; Step R in front of L; Hold 9:00

[49-56] STEP SIDE, IN, OUT, IN, STEP SIDE, HOLD, BACK ROCK STEP

- 1-4 Step L to left; Touch R next to L; Touch R side right; Touch R next to L
- 5 8 Step R to right; Hold; Rock L behind R; Return weight to R

[57-64] STEP HOLD, HALF TURN HOLD, HALF TURN HOLD, STEP PIVOT ¼ LEFT

1 – 6 Step prep L forward; Hold; Turn ½ left, stepping back on R; Hold; Turn ½ left, stepping fwd on L

No turn option: Walk L hold, Walk R hold; Walk L hold OR L toe strut, R toe strut, L toe strut

7 – 8 Step R forward; Turn ¼ left, shifting weight to L 6:00

BEGIN AGAIN

TAG

Occurs on the 7th wall, facing 12:00, do the first 16 counts

10 counts (count it) Music drops out a bit but beat continues

- 1 Step R forward
- 2 10 While counting, SLOWLY turn 1/4 left from 12:00 to 8:00, slowly lifting R arm to shoulder level, forefinger pointed, keeping weight on the R foot (you might try gentle heel drops to help with timing)

RESTART: On count 33, facing 8:00 (back rock section).



END

The last wall (wall 9) begins at 6:00. Dance the first 16 counts. Step R forward; Cross L over R, slowly unwind ½ right to 12:00. Slowly bring arms up for a Tah Dah pose.