

Let's Do It

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Cleevely (UK)
音樂: Overload - Alfie Zappacosta



HIP BUMPS

- 1-2 Step on right diagonal and bump hips right and left
- 3&4 Still on right diagonal, bump hips right/left/right
- 5-6 Step on left diagonal and bump hips left and right
- 7&8 Still on left diagonal, bump hips left/right/left

Optional hand movements: swing arms from side to side as you bump hips

RIGHT SAILOR STEP; ¼ TURNING LEFT SAILOR STEP; RIGHT FORWARD SHUFFLE; ROCK, RECOVER

- 9&10 Step right behind left, step left to left side, step right in place
- 11&12 Cross left behind right, step right to right side, step ¼ turn left
- 13&14 Back right shuffle, stepping right/left/right
- 15-16 Rock left to left side, recover weight on right

LEFT COASTER STEP; RIGHT FORWARD SHUFFLE; FULL TURN; LEFT FORWARD SHUFFLE

- 17&18 Step back on left, step right by left, step left forward
- 19&20 Right forward shuffle, stepping right/left/right
- 21-22 Full turn over right shoulder, stepping left/right
- 23&24 Left forward shuffle, stepping left/right/left

ROCK, RECOVER; HALF TURNING SHUFFLE RIGHT; CROSS ROCK, RECOVER, HALF TURNING SHUFFLE LEFT

- 25-26 Rock right to right side, recover weight on left
- 27&28 Half turning shuffle right, stepping right/left/right
- 29-30 Rock left over right, recover weight on right
- 31&32 Half turning shuffle left, stepping left/right/left

REPEAT
