

U Do

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Peter Fry (AUS)
音樂: When I Find It, I'll Know It - BlackHawk



- 1&2 Kick left forward, bring left beside right, touch right to right side
3&4 Kick right forward, bring right beside left, touch left to left side
5-6 Step forward left, pivot ½ turn right transferring weight to right
7&8 Shuffle forward left-right-left
- 1&2 Kick right forward, bring right beside left, touch left to left side
3&4 Kick left forward, bring left beside right, touch right to right side
5-6 Rock forward on right, rock back on left
7&8 Turning ¼ turn step right-left-right (triple step)
- 1-2 Rock forward on left, rock back on right
3&4 Turn ½ left & shuffle forward left-right-left
5&6 Hook right foot behind left knee, jump back onto right & touch left heel forward at 45 degrees left
&7-8 Bring left beside right, step forward on right, step left beside right
- 1&2 Shuffle back right-left-right
3-4 Touch left toe behind right heel, pivot ½ turn left (weight on left)
&5-6 Step forward on right while turning ½ left, touch left toe behind right heel & pivot ½ turn left
7&8 Touch right heel across in front of left, slide right heel to right side, cross/step left over right
- 1-2 Step right to right side, pivot ¾ left on right & step forward on left
3&4 Shuffle forward right-left-right
5-6 Step forward on left, pivot ½ right transferring weight to right
7-8 Step forward on left, hold
- 1&2 Shuffle forward right-left-right with a ½ turn left
3&4 Shuffle back left-right-left with a ½ turn left
5-8 Monterey turn; touch right to right side, turning ½ right, bring right beside left, touch left to left side, bring left beside right
- 1&2 Kick right across left at 45 degrees left, step right to right side & quickly replace weight onto left
3&4 Sailor step: cross right behind left, step left to left side & quickly step right to right side
5&6 Kick left across right at 45 degrees right, step left to left side & quickly replace weight onto right
7&8 Sailor step: cross left behind right, step right to right side & quickly step left to left side
- 1-2 Step forward on right, pivot ½ turn left & touch left heel forward (while raising hand to shoulder height & click fingers)
&3-4 Bring left beside right, step forward right-left
5&6 Scuff right beside left stepping right to right side, step left in place feet should be shoulder width apart
7-8 Rock hips left-right

REPEAT

TAG

At end of 2nd wall

- 1-2 Two hip bumps left
 - 3-4 Two hip bumps right
 - 5-6 Roll hips left-right
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