

# Just Do It!!

拍數: 56      牆數: 4      級數:  
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音樂: Bury the Shovel - Clay Walker



## HEEL JACK, STEP, TOUCH

&1-2      Step back onto left foot, present right heel forward, hold for one beat.

**When presenting right heel lean back for styling.**

&3-4      Step onto right foot in home position, touch left toe next to right foot, hold for one beat.

## HEEL JACK, STEP, TOUCH

&5-6      Repeat &1-2

&7-8      Repeat &5-6

## STEP/SQUAT, STRAIGHTEN

9&10      Step onto left foot to left side bending knees and squatting slightly, straighten body, bend knees and squat slightly.

&11      Repeat &10.

&12      Repeat &11.

## HIP AND SHOULDER BUMPS

**Feet are still apart**

13-14      Bump hips and shoulders to right, bump hips and shoulders to left.

15&16      Bump hips and shoulders right, left, right.

## HIP AND SHOULDER BUMPS

**Feet are still apart**

17-18      Bump hips and shoulders to left, bump hips and shoulders to right.

19&20      Bump hips and shoulders left, right, left.

## TURNING HEEL TAPS AND SWIVELS

**Feet are still apart, bend at knees and squat slightly. A total of ¼ turn to right will be made with these steps.**

&21&22      Lift heels off floor, tap heels on floor, pivoting slightly to left lift heels off floor, tap heels on floor.

&23&24      Pivoting slightly to left lift heels off floor, tap heels on floor, pivoting slightly to left lift heels off floor, tap heels on floor.

## SYNCOPATED ROCK/STEPS

&25      Transfer weight to left foot and lift right knee, cross right over left and rock forward onto right foot.

&26      Step back (replace weight) onto left foot, rock forward (replace weight) onto right foot.

&27      Lift left knee, cross left over right and rock forward onto left foot.

&28      Step back (replace weight) onto right foot, rock forward (replace weight) onto left foot.

## ROGER RABBIT STEPS

&29      Skip back on left foot extending right leg back, cross right behind left in a lock step bending knee.

&30      Skip back on right foot extending left leg back, cross left behind right in a lock step bending knee.

&31      Skip back on left foot extending right leg back, cross right behind left in a lock step bending knee.

&32      Rock forward (replace weight) onto left foot, step back (replace weight) onto right foot.

- &33 Skip back on right foot extending left leg back, cross left behind right in a lock step bending knee.
- &34 Skip back on left foot extending right leg back, cross right behind left in a lock step bending knee.
- &35 Skip back on right foot extending left leg back, cross left behind right in a lock step bending knee.
- &36 Rock forward (replace weight) onto right foot, step back (replace weight) onto left foot.

**EASIER VARIATION FOR ROGER RABBIT STEPS**

- 29-30 Cross right behind left and step, cross left behind right and step.
- 31&32 Cross right behind left and step, rock forward (replace weight) onto left foot, step back (replace weight) onto right foot.
- 33-34 Cross left behind right and step, cross right behind left and step.
- 35&36 Cross left behind right and step, rock forward (replace weight) onto right foot, step back (replace weight) onto left foot.

**HIP ROLLS**

- 37-38 Step forward onto right foot, pivoting on the soles of both feet and with a hip roll to the left make a ¼ turn to left transferring weight to left foot.
- 39-40 Step forward onto right foot, pivoting on the soles of both feet and with a hip roll to the left make a 1/8 turn to left transferring weight to left foot.
- 41-42 Step forward onto right foot, pivoting on the soles of both feet and with a hip roll to the left make a 1/8 turn to left transferring weight to left foot.
- &43&44 Roll hips to the left (right, left, right, left) ending with weight on left foot.

**KICK, TOGETHER, FAN**

- 45& Kick right foot forward, bend knee and swing right foot back.
- 46& Step onto right foot next to left and immediately pivoting on both heels fan toes up and out, fan toes together and to floor transferring weight to right foot.
- 47& Kick left foot forward, bend knee and swing left foot back.
- 48& Step onto left foot next to right and immediately pivoting on both heels fan toes up and out, fan toes together and to floor transferring weight to left foot.

**KICK, TOGETHER, FAN**

- 49& Repeat 45&.
- 50& Repeat 46&.
- 51& Repeat 47&.
- 52& Repeat 48&.

**STAMP, STAMP, TURN HEAD, SHRUG SHOULDERS**

- 53-54 Stamp forward onto right foot, stamp left foot opposite right (shoulder width apart).
- 55&56 Turn head to right, shrug shoulders, rest shoulders.

**REPEAT**

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