

Just What I Do

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Shelley Lindsay (UK)
音樂: Just What I Do - Trick Pony



WALK, WALK, CROSS ROCK CROSS. STEP ¼ TURN HOOK, KICK, RIGHT LOCK RIGHT BACK

1-2 Walk forward right, left
3&4 Cross right over left, rock out on left, step on right
5-6 Cross left over right, hook right leg, ¼ turn left as you kick right forward
7&8 Step right over left, step back on left step right over left

ROCK BACK, FORWARD CHA-CHA-CHA FORWARD, TOUCH FORWARD, HOLD, TOUCH BEHIND, ½ TURN STEP

1-2 Rock back on left, rock forward on right
3&4 Step forward on left, bring right to left instep, step forward on left
5-6 Touch right foot forward hold
7-8 Touch right behind, ½ turn right as you step forward on right

STEP TURN LEFT CHA-CHA FORWARD, RIGHT CHA-CHA FORWARD STEP FORWARD, PIVOT ½ TURN

1-2 Step forward on left, pivot ½ turn over right, stepping on right
3&4 Step forward on left, bring right to left instep, step forward on left
5&6 Step forward on right, bring left to right instep, step forward on right
7-8 Step forward on left, pivot half turn to right, stepping on right

¼ TURN RIGHT AND STEP OUT ON LEFT, HIP SWAYS LEFT, RIGHT, CROSS FULL UNWIND STEP

1-4 ¼ turn to right as you step out on left, hip sway over 3 counts left, right
5-7 Transfer weight on to left and cross right over left, unwind full turn over 2 counts
8 Step out on left foot

REPEAT

BRIDGE

Danced at the end of the 3rd, 6th and 9th walls (it is always after the chorus)

WALK FORWARD RIGHT, LEFT, RIGHT SHUFFLE, ROCK FORWARD BACK, ½ TURN CHA-CHA

12 Walk forward right, left
3&4 Step forward on right, bring left to right instep, step forward on left
56 Rock forward on left, rock back on right
7&8 ½ turn as you step forward on left, bring right to left instep, step forward on left
9-16 Repeat steps 1-8 as above

On counts 7 & 8 and 15 & 16 you can do a full turning cha-cha instead of a ½ turn cha-cha step

THE STEPPING STONE

Danced at end of 8th wall (it's the verse where they sing about Picasso). Just repeat the last 4 counts of the dance

1-3 Cross right over left, unwind full turn left
4 Step left to left side

Start the dance again. You are now on the 9th wall so don't forget the bridge at the end of the wall!