

Doin' It

拍數: 48 牆數: 4 級數: Improver
編舞者: Karen Hedges (USA) & MJ George
音樂: Honey Hush - Scooter Lee



MOVING HEEL TOE SWIVELS

1-4 Heels left, toes left, heels left and toes left
5-8 Toes right, heels right, toes right and heels center
9-10 Heels right and hold one count
11-12 Heels left and hold one count

TWIST

13-16 Twist heels right, left, right, left (down 2 and up 2)

SIDE SHUFFLES WITH ROCK STEPS

17-18 Step to right with right foot, bring left beside right, step to right with right foot, rock back on left foot and step in place on right.
19-20 Step to left with left foot, bring right beside left, step to left with left foot, rock back on right foot and step in place on left.

STOMPS

25-26 Stomp right foot twice beside left foot.

HIP BUMPS

27-32 Bump hips to right twice, bump hips to left twice, bump hips to right twice

SIDE STEPS WITH PELVIS THRUSTS

33-36 Long step to left with left foot thrust pelvis forward twice, bring right foot beside left, and thrust pelvis forward twice.
37-40 Repeat to left again.

KICK BALL CHANGE/CROSS OVER AND BACK STEPS

41-44 Right kickball change, repeat right kickball change
45-48 Cross right foot over left, unwind $\frac{3}{4}$ turn to left, step back on left foot, step back on right foot

REPEAT
