

Doin' It

拍數: 32 牆數: 2 級數: Improver
編舞者: Marilyn Griffin (UK)
音樂: Don't Stop (Doin' It) - Anastacia



ROCK FORWARD & BACK - HIP BUMPS, BACK & FORWARD - HIP BUMPS

- 1-2 Rock forward on right, rock weight back onto left
3&4 Step back on right (pushing hip back over right), bump hips over left, bump hips over right (weight ends on right)
5-6 Rock back on left, rock weight back onto right
7&8 Step forward on left (pushing hips forward over left), bump hips over right, bump hips over left (weight ends on left)

RIGHT SHUFFLE, LEFT SHUFFLE, STEP ¼ HOLD, STEP ¼ HOLD

- 1&2 Step forward on right, bring left to meet right, step forward on right
3&4 Step forward on left, bring right to meet left, step forward on left
5-6 Step forward on right, making ¼ turn to left & hold
7-8 Lift left & pivot ¼ turn on ball of right (back over left shoulder), step out to side of right and hold (now facing back wall)

CROSS ROCK, ¼ TURN RIGHT SHUFFLE, FULL TURN, LEFT SHUFFLE

- 1-2 Rock right over left, return weight onto left
3&4 Step ¼ turn right, bring left to meet right, step forward on right
5-6 Step forward on left making ½ turn, pivot on left & make ½ turn, stepping forward on right (one full turn moving forward)

Easy option: walk left, right. Moving forward (turn in right direction)

- 7&8 Step forward on left, bring right to meet left, step forward left

SIDE ROCK, ¼ SAILOR TURN, LEFT KICK BALL STEP, LEFT SHUFFLE

- 1-2 Rock right to right side, rock weight back onto left
3&4 Step right behind left, step left ¼ turn left, step forward on right
5&6 Kick left forward, step left next to right, step forward on right moving forward
7&8 Step forward on left, bring right to meet left, step forward left

REPEAT

RESTART

On wall 2 after count 16 restart dance (second hold step). You will be facing your front wall.