

Do It

拍數: 32 牆數: 4 級數: Improver
編舞者: Stuart Cooper
音樂: Do It - Nelly Furtado



WALK, WALK, OUT, OUT, HOLD, SAILOR STEP, SAILOR ¼ TURN

- 1-2 Walk right, left
- &3-4 Step out right (&), step out left, hold
- 5&6 Step right behind left, step left-to-left side, step right to right side
- 7&8 Step left behind right, step right to right side, make a ¼ turn left stepping left forward

¼ TURN TOUCH FLICK, CROSS, SIDE, SAILOR ¼ TURN, SKATE, SKATE

- 1&2 Turn your body a ¼ turn left, touch right next to left, and flick your right foot out
- 3-4 Cross right foot over left, step left foot to left side
- 5&6 Step right behind left, step left to left side, make a ¼ turn right stepping forward on right
- 7-8 Skate left, right

LEFT CHASSE, CROSS ROCK, RIGHT CHASSE, CROSS, UNWIND FULL TURN WITH HOOK

- 1&2 Step left to side, step right next to left, step left to side
- 3-4 Rock right foot over, rock weight onto left
- 5&6 Step right to side, step left next to right, step right to side
- &7-8 Cross left over right(&), unwind a full turn with a right hook

RIGHT SHUFFLE, ROCK, SHUFFLE ½ TURN, FULL TURN

- 1&2 Step right forward, step left next to right, step right forward
- 3-4 Rock forward on left, rock weight onto right
- 5&6 Step left a ¼ turn, step right next to left, step left forward making a ¼ turn
- 7-8 Step a left ½ turn stepping back on right foot, on ball of right foot make another ½ turn stepping forward on left foot

REPEAT

RESTART

On walls 3 & 6 dance the first 16 counts of the dance but instead of skates, step forward on left and touch right next to left, then restart