

Do It Like This

拍數: 48 牆數: 2 級數: Improver
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音樂: The Twist - Ronnie McDowell



STEP, ¼ TURN, STEP, HOLD, ¼ TURN IN HEEL TWISTS, HOLD

1-2 Step right forward, pivot ¼ turn left
3-4 Step right forward, hold
5-8 On balls of feet twist heels right, left, right making ¼ turn left, hold

STEP, ¼ TURN, STEP, HOLD, ¼ TURN IN HEEL TWISTS, HOLD

9-10 Step left forward, pivot ¼ turn right
11-12 Step left forward, hold
13-16 On balls of feet twist heels left, right, left making ¼ turn right, hold

WALK, CLAP, WALK, CLAP, WALKS, HOLD

17-18 Step left forward, hold and clap
19-20 Step right forward, hold and clap
21-24 Walk forward right, left, right, hold

Bend knees slightly during counts 17-24

BACK, TOUCH & CLAP, BACK, TOUCH & CLAP, FORWARD, TOUCH & CLAP, FORWARD, TOUCH & CLAP

25-26 Step right diagonally back right, touch left beside right and clap hands by right hip
27-28 Step left diagonally back left, touch right beside left and clap hands by left hip

Bend body forward during counts 25-28

29-30 Step right diagonally forward right, touch left beside right and clap hands by right shoulder
31-32 Step left diagonally forward left, touch right beside left and clap hands by left shoulder

Bend body slightly back during counts 29-32

STEP, ½ PIVOT, STEP, ½ PIVOT, STOMPS, SLAPS

33-34 Step right forward, pivot ½ turn left
35-36 Step right forward, pivot ½ turn left
37-38 Stomp right forward, stomp left beside right (shoulder width apart)
39-40 Slap right hand onto right hip, slap left hand onto left hip

Keep hands on hips throughout counts 41-48

½ PADDLE TURN WITH HEEL TWISTS

41-42 Touch right toe right (heel facing inwards), twist right heel outwards (pushing hips right) and make 1/8 turn left on ball of left foot
43-44 Repeat steps 41-42
45-46 Repeat steps 41-42
47-48 Repeat steps 41-42

REPEAT