

Do It!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gerard Murphy (CAN)
音樂: The More You Do It (The More I Like It Done To Me) - Natalie Cole



WALK, WALK, TOUCH, STEP BACK, COASTER CROSS, HITCH, CROSS

1-2 Step right forward, step left forward
3-4 Turn ½ left and touch right together, step right back
Drag left toward right
5&6 Step left back, step right back, cross left over right
7-8 Hitch right knee, cross right over left

ROCK AND CROSS, AND STEP KICK, AND STEP, ½, ¼

1&2 Rock left to side, recover onto right, cross left over right
&3 Big step right to side, step left together
4&5 Kick right forward, right together, step left forward
6-7 Step right forward, turn ½ left (weight to left)
&8 Step right forward, turn ¼ left (weight to left)

CROSS BACK AND ¼ TURN STEP, STEP, SHUFFLE FORWARD, STEP ½ PIVOT

1-2&3 Cross right over left, step left back, turn ¼ right and step right forward, step left forward
4 Step right forward
5&6 Step left forward, lock right behind left, step left forward
7-8 Step right forward, turn ½ left (weight to left)

STEP LOCK STEP, STEP HITCH, BALL CROSS ¼ TURN, COASTER STEP

1-2& Step right diagonally forward, lock left behind right, step right diagonally forward
3-4 Step left diagonally forward, hitch right knee
&5-6 Step right together, cross left over right, step right to side
7&8 Turn ¼ left and step left back, step right together, step left forward

More challenging option for last 2 counts:

7 Turn ¾ left and step left back
&8 Step right forward, turn ½ left (weight to left)

REPEAT

RESTART

Restart after count 16 on wall 5