

Do It! Do It! Do It!

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Guys Do It All the Time - Mindy McCready



ROCK & STEP-RIGHT-LEFT-RIGHT-LEFT GOING FORWARD

1 Rock forward and cross right over left
& Step in place with left & at same time lift right
2 Rock forward and cross right over left
& Swing left foot around in front of right
3 Rock forward and cross left over right
& Step in place with right & at same time lift left
4 Rock forward an cross left over right
& Swing right foot around in front of left
5-8& Repeat 1&2&3&4&

SLOW ROCK-QUICK SWING BEHIND STEPS, BACKWARD MONTEREY TURN

9-10 Rock forward on right-rock back on left
& Swing right foot back
11&12 Step right behind left-& step left behind right-step right behind left
13 Touch left to left side
14 Bring left back beside right while making ½ turn left
15-16 Touch right to right side-step right beside left

MONTEREY TURN, CROSS & ROCK STEPS WITH LEFT

17 Touch left to left side
18 Bring left back beside right while making ½ turn left
19-20 Touch right to right side-step right beside left
21& Cross/step left over right-& step in place right
22& Cross/step left behind right-& step in place right
23& Cross/step left over right-& step in place right
24 Cross/step left behind right

CROSS & ROCK STEPS WITH RIGHT, ½ PIVOT-JUMP OUT-JUMP CROSS-JUMP OUT-JUMP TOGETHER

25& Cross/step right over left-& step in place left
26& Cross/step right behind left-& step in place left
27& Cross/step right over left-& step in place left
28 Cross/step right behind left
29 With feet in place, pivot ½ turn to right
30 Jump with feet apart
31 Jump with feet crossed right over left
& Jump with feet apart
32 Jump with feet landing beside each other

REPEAT