

# Do Me

拍數: 48      牆數: 4      級數: Intermediate hustle  
編舞者: Frank Cooper (CAN)  
音樂: Do Me - Teddy Pendergrass



## HEEL SWITCHES, LONG STEP FORWARD, STEP TOGETHER, HEEL SWITCHES, LONG STEP FORWARD, STEP TOGETHER

1&2&      Touch right heel forward, bring right foot home, touch left heel forward, bring left foot home 12:00  
3-4      Take a big step forward on right foot, step left foot next to right  
5&6&      Touch right heel forward, bring right foot home, touch left heel forward, bring left foot home  
7-8      Take a big step forward on right foot, step left foot next to right 12:00

## ROCK STEP, TRIPLE ½ TURN, ROCK STEP, COASTER STEP

9-10      Rock forward on right foot, recover onto left foot 12:00  
11&12      Triple ½ turn right stepping right, left, right 6:00  
13-14      Rock forward on left foot, recover onto right foot  
15&16      Step back on left foot, step together with right foot, step forward on left foot 6:00

## SIDE ROCK, CROSS SHUFFLE, VINE WITH SHUFFLE ¼ TURN

17-18      Rock right foot out to right side, recover onto left foot 6:00  
19&20      Step right foot over left, step left foot to left side, step right foot over left foot  
21-22      Step left foot to left side, step right foot behind left foot  
23&24      Step left foot to left side, step together with right foot, step forward on left foot making a ¼ turn left 3:00

## PIVOT ½ TURN, WALK, WALK, ROCK STEP, WALK, WALK ½ TURN

25-26      Step forward on right foot, pivot ½ turn left stepping forward on left foot 9:00  
27-28      Step forward on right foot, step forward on left foot  
29-30      Rock forward on right foot, recover onto left foot prepping to make ½ turn right  
31-32      Step forward on right foot ½ turn right, step forward on left foot 3:00

## SYNCOPATED STEP TOUCH FORWARD, HOLD, SYNCOPATED STEP TOUCHES BACK, SYNCOPATED STEP TOUCH BACK, HOLD, SYNCOPATED STEP TOUCHES FORWARD

&33-34      Step right foot forward on diagonal to right, touch left foot next to right, hold 3:00  
&35&36      Step left foot back on diagonal to left, touch right foot next to left, step right foot back on diagonal to right, touch left foot next to right  
&37-38      Step left foot back on diagonal to left, touch right foot next to left, hold  
&39&40      Step right foot forward on diagonal to right, touch left foot next to right, step left foot forward on diagonal to left, touch right foot next to left 3:00

## SYNCOPATED STEP TOUCH FORWARD, HOLD, SYNCOPATED STEP TOUCHES BACK, SYNCOPATED STEP TOUCH BACK, HOLD, SYNCOPATED STEP TOUCHES FORWARD

&41-42      Step right foot forward on diagonal to right, touch left foot next to right, hold 3:00  
&43&44      Step left foot back on diagonal to left, touch right foot next to left, step right foot back on diagonal to right, touch left foot next to right  
&45-46      Step left foot back on diagonal to left, touch right foot next to left, hold  
&47&48      Step right foot forward on diagonal to right, touch left foot next to right, step left foot forward on diagonal to left, touch right foot next to left 3:00

REPEAT

## **TAG**

**At the end of the 8th wall, you will be facing the front wall. Repeat the last 8 counts of the dance, then add the following 8 counts for a total of a 16 count tag**

### **SYNCOPATED STEP TOUCH FORWARD, SYNCOPATED STEP TOUCH BACK, SYNCOPATED STEP TOUCHES BACK**

- &1-2 Step right foot forward on diagonal to right, touch left foot next to right, hold
  - &3-4 Step left foot back on diagonal to left, touch right foot next to left, hold
  - &5 Step right foot back on diagonal to left, touch left foot next to right
  - &6 Step left foot back on diagonal to left, touch right foot next to left
  - &7 Step right foot back on diagonal to left, touch left foot next to right
  - &8 Step left foot back on diagonal to left, touch right foot next to left
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