

Do Something

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Meg Kennedy
音樂: Do Somethin' - Britney Spears



CROSS ROCK RECOVER X3 (TRAVELING FORWARD), CROSS TOUCH

- 1-2 Cross right over left - angle body to left, rock left to left side
&3-4 Recover right, cross left over right - angle body to right, rock right to right side
&5-6 Recover left, cross right over left - angle body to left, rock left to left side
&7-8 Recover right, cross left over right - angle body to right, touch right next to left

OUT, IN, QUARTER TURN KICK, SIDE TOGETHER, SIDE TOGETHER

- 1&2 Point right out to right side, touch right next to left, making a ¼ turn right- kick right foot forward
3&4 Point right foot to right side, pop knee in, pop knee out
5&6 Pop right knee in, slide left foot next to right foot, point right foot to right
7&8 Pop right knee in, slide left foot next to right foot, point right foot to right

MAMBO, MAMBO, QUARTER TURN, QUARTER TURN, MOON WALK TWICE

- 1&2 Step forward right, recover left, step right next to left
3&4 Step forward left, recover right, step left next to right
5-6 Quarter turn left crossing right foot over left, step back on left making quarter turn right
7-8 Step back on right, step left next to right (alternative steps - 2 x moonwalks)

KNEE ROLL HALF TURN, STEP BEHIND CLAP, CROSS BEHIND UNWIND

- 1-2 Roll right knee out turning ½ turn, roll left knee in bringing feet together (weight on left)
3-4 Step right to right side, point left toe behind right clapping hands behind body
5-6 Step left to left side, cross right behind left
7-8 Unwind full turn (weight on left)

Ready to cross on right - beginning of dance

REPEAT

TAG

At end of third wall

- 1&2 Bump hips right, left, right
3-4 Touch left toe to left side, flick left foot up
5-6 Turning half turn right-point left toe to left side, sweep left foot half turn right bringing feet together
7-8 Body roll (or bump hips right, left) ending with weight on left
9-16 Repeat tag counts 1-8

Start dance again