

# Do The Locomotion

拍數: 36                      牆數: 4                      級數:  
編舞者: Brian Dalton (UK)  
音樂: Do The Locomotion



## ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

- 1                      Rock forward on the right foot
- 2                      Recover the weight back to the left foot
- 3                      Rock backward on the right foot
- 4                      Recover the weight back onto the left foot

## TWO FORWARD TRIPLET STEPS WITH THE LOCOMOTION

- 5&6                      Forward triplet (cha) steps, right foot, left foot, right foot
  - 7&8                      Forward triplet (cha) steps left foot, right foot, left foot
- Pump the arms like locomotive pistons as you triplet**

## TAP RIGHT HEEL FORWARD, HITCH A QUARTER LEFT, REPEAT

- 9                      Tap the right heel forward
- 10                      Hitch the right knee up while turning  $\frac{1}{4}$  turn left
- 11                      Tap the right heel forward
- 12                      Hitch the right knee up while turning  $\frac{1}{4}$  turn left

## ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

- 13                      Rock forward on the right foot
- 14                      Recover the weight back to the left foot
- 15                      Rock backward on the right foot
- 16                      Recover the weight back onto the left foot

## TWO FORWARD TRIPLET STEPS WITH THE LOCOMOTION

- 17&18                      Quick forward triplet (cha) steps, right foot, left foot, right foot
  - 19&20                      Quick forward triplet (cha) steps left foot, right foot, left foot
- Pump the arms like locomotive pistons as you triplet**

## SKIP THREE TIMES, CLAP AS YOU TURN $\frac{1}{4}$ LEFT

- 21                      Skip to tap the right heel forward
- 22                      Skip to land the weight on the right foot while tapping the left foot forward
- 23                      Skip to land the weight on the left foot while tapping the right foot forward
- 24                      While pivoting the whole body  $\frac{1}{4}$  turn left, clap hands

## GYRATE HIPS TO THE LEFT

- 25-28                      Gyrate the hips in a left circular motion

## JAZZ BOX WITH A QUARTER TURN RIGHT

- 29                      Step the right foot across in front of the left foot
- 30                      Step left foot back
- 31                      Step right foot to right side as you turn  $\frac{1}{4}$  turn right
- 32                      Close left foot to right

## JAZZ BOX WITH A QUARTER TURN RIGHT

- 33                      Step the right foot across in front of the left foot
- 34                      Step left foot back
- 35                      Step right foot to right side as you turn  $\frac{1}{4}$  turn right

**REPEAT**

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