

Do It Well

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Do It Well - Jennifer Lopez : (Album: Brave)



Start on the vocals

(1-8) Walk Rt, Lt, 1/2 Turn Step, Full Turn, Rock & Cross

1,2 Step Rt fwd, Step Lt fwd
3&4 Make 1/2 turn Lt stepping back Rt, Step Lt next to Rt, Step Rt fwd
5,6 Make 1/2 Rt stepping back Lt, Make 1/2 Rt stepping fwd Rt
7&8 Rock Lt to Lt, Replace weight Rt, Step Lt across Rt

(9-16) Knees' Out, In, Out, Cross, Back, Jump Out, In, Out, Scuff & Step

1&2 Step Rt to Rt with knee's out, Bring knee's in, Bring knee's out (weight ends on Rt foot)
3,4 Cross Lt over Rt, Step Rt back
5&6 Jump out with both feet, Jump in with both feet, Jump out with both feet
7&8 Scuff Rt heel in front of Lt, Bring Rt knee up, Step Rt to Rt

(17-24) Scuff & Step, Swivel, 1/4, & Step, Cross, Unwind 3/4

1&2 Scuff Lt heel in front of Rt, Bring Lt knee up, Step Lt to Lt
3 Swivel Rt toe to Rt while swiveling the Lt heel to Lt
4 Make 1/4 turn Lt (weight Lt) facing 3 o' clock
&5,6 Step Rt next to Lt, Step Lt fwd, Cross Rt over of Lt
7,8 Make 3/8th's turn unwinding Lt, Make 3/8th's turn unwinding Lt (3/4 turn Lt, weight Lt)

(25-32) Ball Step Fwd, Step 1/2 Turn, 1/4 Side Shuffle, Cross, Unwind

&1,2 Rock back on ball of Rt, Step Lt fwd, Step Rt fwd
3,4 Step Lt fwd, Make 1/2 turn Rt
5&6 Make 1/4 turn Rt stepping Lt to Lt, Step Rt next to Lt, Step Lt to Lt (Leading with the hip)
7,8 Cross Rt over Lt, Unwind 1/2 turn Lt (weight Lt)

(33-40) And Out Punch, Elbows Lt, Rt, Lt – Kick, Cross, Unwind, Walk, Walk

&1 Step out Rt, Lt (shoulder width apart)
2 Bring elbows up to chest level while punching the Rt fist into Lt palm
3& Push elbows Lt, Rt
4 Push elbows Lt while transferring weight Rt raising Lt foot on the floor (leg straight)
5,6 Cross Lt over Rt, Unwind 3/4 turn Rt (weight Lt)
7,8 Step fwd Rt, Step fwd Lt

(41-48) Heel, Toe, 1/4, 1/4, Step 1/4 Turn, Step 1/2 Turn

1,2 Touch Rt heel fwd, Touch Rt toe back
3,4 Make a 1/4 turn Rt (weight Rt), Make a 1/4 turn Lt (weight Lt)
5,6 Step Rt fwd, Make a 1/4 turn Lt stepping fwd Lt
7,8 Step fwd Rt, Make a 1/2 turn Lt stepping fwd Lt

HAVE FUN !