

Do It All Again!

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jane Wright (UK) - March 2012
音樂: Last Friday Night (T.G.I.F.) - Katy Perry : (Album: Teenage Dream)



Intro: 16 counts - Style: Pop / Disco

SECTION 1: (LEFT) BEHIND, SIDE, KICK BALL CROSS, STEP, DRAG, BACK, TOUCH

1,2 Step left behind right, step right to right side
3 & 4 Kick left diagonally fwd (left), step onto ball of left, cross right over left
5,6 Step left to left side (big step), drag right up to left
7 & 8 Step back on right, touch left toes to right instep (12o'clock)

SECTION 2: BACK ROCK, LEFT LOCK STEP, ROCK, 1/4 SAILOR TURN

1,2 Rock back on left, recover onto right
3 & 4 Step left fwd, lock right behind left, step left fwd
5,6 Rock fwd on right, recover onto left
7 & 8 Step right foot behind left turning 1/4 right, left to left side, step onto right (3 o'clock)

SECTION 3: CROSS, SIDE, HEEL BALL CROSS, SIDE ROCK, 1/4 RIGHT, SIDE ROCK, TOUCH

1,2 Cross left over right, right to right side,
3 & 4 Dig left heel diagonally fwd (left), step ball of left beside right, cross right over left
5,6 Rock left to left side, recover onto right turning 1/4 right
7 & 8 Rock left to left side, recover onto right, touch left toes beside right (6 o'clock)

SECTION 4: SIDE, TOGETHER, CHASSE 1/4 LEFT, PIVOT 1/2 TURN LEFT, SHUFFLE 1/2 TURN LEFT

1,2 Step left to left side, step right beside left
3 & 4 Step left to left side, step right beside, step left fwd 1/4 left
5,6 Step fwd on right pivot 1/2 turn left, step fwd on left
7 & 8 Shuffle 1/2 turn left, stepping right, left, right (3 o'clock)

RESTARTS WALL 3 & WALL 6

SECTION 5: WALK BACK LEFT, RIGHT, COASTER STEP, WALK FWD RIGHT, LEFT, SWIVEL 1/2 TURN RIGHT

1,2 Walk back on left, right
3 & 4 Step back on left, step right beside left, step left fwd
5,6 Walk fwd right, left (keep both feet on floor)
7 & 8 On balls of both feet swivel 1/2 turn right, twisting heels left, right, left (9 o'clock)

SECTION 6: WALK BACK RIGHT, LEFT, COASTER STEP, L SIDE (body roll), TOUCH, R SIDE (body roll), TOUCH

1,2 Walk back on right, left
3 & 4 Step back on right, step left beside right, step fwd right
5,6 Step left to left side rolling body left, touch right beside left,
7,8 Step right to right side rolling body right, touch left beside right

SECTION 7: MONTEREY 1/2 L, POINT & POINT, BACK L, HEEL DIG, HOLD, BACK R, HEEL DIG,HOLD

1,2 Point left to left side, make 1/2 turn left step left beside right
3 & 4 Point right out to right side, step right beside left, point left out to left side
& 5, 6 (&) Step back on left, dig right heel fwd, hold
& 7, 8 (&) Step back on right, dig left heel fwd, hold (3 o'clock)

SECTION 8: & CROSS UNWIND 1/2 L, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE

& 1, 2 (&) Step back on left, cross right over left, unwind 1/2 turn left (weight on right)
3,4 Rock left to left side, recover onto right
5,6 Step left behind right, step right to right
7,8 Cross left over right, step right to right side (9 o'clock)

ENDING: DANCE 1st 4 COUNTS OF SECTION 1, ON COUNTS 5-8, RAISE ARMS OUTWARDS AND UP TO FINISH

***RESTARTS* DURING WALL 3 DANCE UP TO COUNT 32 THEN RESTART FACING 9 o'clock. WALL 6 SAME, AFTER COUNT 32 RESTART WHEN FACING 6 o'clock.**

Then 'Do it all again!!'
