

Do It

拍數: 32 牆數: 4 級數: Easy Intermediate - Smooth (WCS)
編舞者: Guerric Auville (FR) - May 2012
音樂: Do It Our Way (Play) - Alesha Dixon



WALK FORWARD x2, ANCHOR STEP, KICK BALL STEP, ½ TURN, SHOULDERS

- 1 RF step forward
- 2 LF step forward
- 3 RF cross behind LF
- & LF step in place
- 4 RF step slightly back
- 5 LF kick forward
- & LF step next to RF
- 6 RF step forward
- 7 RF ½ turn left (keep weight on RF) (6:00)
- & Left shoulder up
- 8 Right shoulder up

TOGETHER, STEP, ¼ TURN, CROSS ROCK, STEP SIDE, ½ SPIRAL TURN, STEP, SHUFFLE FORWARD

- & LF step next to RF
- 9 RF step forward
- 10 LF ¼ turn left take weight (3:00)
- 11 RF cross rock over LF
- & LF recover
- 12 RF big step side right
- 13 RF ½ spiral turn left (9:00)
- 14 LF step forward
- 15 RF step forward
- & LF step next to RF
- 16 RF step forward

STEP, ½ TURN, ¾ TURN RONDE JAMBE, STEP, HEEL BALL STEP, ½ TURN, ¼ TURN

- 17 LF step forward
- 18 LF ½ turn right (keep weight on LF) (3:00)
- 19 LF ¾ turn right circle RF clockwise a full circle in the air or on the floor (12:00)
- 20 RF step forward
- 21 LF touch heel forward
- & LF step next to RF
- 22 RF step forward
- 23 LF ½ turn left take weight (6:00)
- 24 RF ¼ turn left step side right (3:00)

SAILOR STEP x2, TOGETHER, FLICK BEHIND, CROSS, FULL SPIRAL TURN, STEP

- 25 LF cross behind RF
- & RF step side right
- 26 LF step side left
- 27 RF cross behind LF
- & LF step side left
- 28 RF step side right
- & LF step next to RF
- 29 RF flick behind

- 30 RF cross in front LF
- 31 RF full spiral turn left (3:00)
- 32 LF step forward

TAG : 16 counts at the end of walls 1 & 3 :

¼ TURN, ¼ TURN, BEHIND, SIDE, CROSS, SIDE ROCK, BEHIND, ¼ TURN, STEP

- 1 RF ¼ turn right step forward
- 2 LF ¼ turn right step side left
- 3 RF cross behind LF
- & LF step side left
- 4 RF cross in front of LF
- 5 LF rock side left
- 6 RF recover
- 7 LF cross behind RF
- & RF ¼ turn right step forward
- 8 LF step forward

**STEP, ¾ SPIRAL TURN, KICK BALL CROSS, STEP BACK, TOUCH, STEP BACK, TOUCH, COASTER
STEP**

- 9 RF step forward
 - 10 RF ¾ spiral turn left
 - 11 LF kick forward diagonal left
 - & LF step next to RF
 - 12 RF cross in front of LF
 - 13 LF step slightly back diagonal left
 - & RF touch next to LF
 - 14 RF step slightly back diagonal right
 - & LF touch next to RF
 - 15 LF step back
 - & RF step next to LF
 - 16 LF step forward
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