

Do-Re-Mi

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Karl-Harry Winson (UK) - July 2013
音樂: Panic Chord - Gabrielle Aplin : (Album: Panic Chord)



Intro: 16 Counts from Heavy Beat (Start on Vocals)

Side Rock/ Sway. Hitch. Shuffle 1/4 turn. Forward Rock. Triple 3/4 turn.

1 – 2 Rock Right out to Right side. Recover weight onto Left and slightly hitch the Right knee.
3&4 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping Right forward.
5 – 6 Rock forward on Left. Recover weight on Right.
7&8 Triple 3/4 turn Left on the spot Stepping: Left, Right, Left (6.00).

Cross Rock. Right Chasse. Cross Unwind Full turn. Left Chasse.

1 – 2 Cross Rock Right over Left. Recover weight on Left.
3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side.
5 – 6 Cross Left over Right. Unwind full turn Right making sure weight ends on Right foot.
7&8 Step Left to Left side. Close Right beside Left. Step Left to Left side (6.00).

***Note: Can replace counts 5 – 6 (Cross Unwind) with a Left Cross Rock for dancers that don't wish to turn.**

Right Sailor-Scuff. Side Step. Left Sailor-Scuff. Ball-Cross. 1/4 turn. Back Rock.

1&2 Cross Right behind Left. Step out on Left. Scuff Right beside Left.
& Step Right foot to Right side.
3&4 Cross Left behind Right. Step out on Right. Scuff Left beside Right.
&5-6 Step Left foot beside Right. Cross step Right over Left. Turn 1/4 Right stepping Left back.
7 – 8 Rock back on Right. Recover weight forward on Left.

***Restart here on Wall 2 and Wall 5**

Forward Shuffle. Forward Rock. Sailor 1/2 turn. Cross Rock.

1&2 Step forward on Right. Close Left beside Right. Step forward on Right.
3 – 4 Rock forward on Left. Recover weight back on Right.
5&6 Cross Left behind Right making 1/2 turn Left. Step Right beside Left. Step forward on Left.
7 – 8 Cross Rock Right over Left. Recover weight on Left (3.00).

Start Again!

***Restarts:**

**1st Restart is on Wall 2: Dance the first 3 Sections and restart the dance facing 12.00 Wall.
2nd Restart is on Wall 5: Dance the first 3 Sections and restart the dance facing 3.00 Wall.**

Contact: karlwinsondance.moonfruit.com - karlwinsondance@hotmail.com or 07792984427