

拍數: 38      牆數: 2      級數: Easy Intermediate  
編舞者: Margaret Swift (UK) - April 2014  
音樂: D.I.Y. - Paul Heaton & Jacqui Abbott : (Album: What Have We Become)



**Intro: 16 Counts. (starts on Vocals)**

**Section 1: □ Out. Out. Jump Back & Bounce. Cross & Heel & Cross & Heel.**

- 1 – 2      Step out right. Step out left.
- & 3 4      Jump back. Stepping right then left. Bouncing both heels.
- 5 & 6      Cross right over left. Step left to left side. Touch right heel diagonally forward.
- & 7      Step right next to left. Cross left over right.
- & 8      Step right to right side. Touch left heel diagonally forward.

**Section 2: □ & Cross Side. Behind Turn 1/8th Left. Step. Twist.X2. Turn 3/8th Right. Walk X2.**

- & 1 2      Step left next to right. Cross right over left. Step left to left side.
- 3 & 4      Cross right behind left. Turn 1/8th left stepping forward on left. Touch right forward.
- & 5 6      Twist right heel to right. Twist right heel back to center. Turn 3/8th to right (3 O' clock)
- 7 – 8      Step forward left. Step forward right.

**Section 3: □ Touch. Step Back. Back Lock Back. Hip Bumps Turning ¼ Left X2.**

- 1 – 2      Touch left behind right. Step back on left.
- 3 & 4      Step back on right. Cross left over right. Step back on right.
- 5 & 6      Turn ¼ left bumping hips Left, Right, Left.
- 7 & 8      Turn ¼ left bumping hips Right, Left, Right.

**Section 4: □ Sailor Step X2. Touch Unwind ½ Left. Cross. Hold.**

- 1 & 2      Cross left behind right. Step right to right side. Step left in place.
- 3 & 4      Cross right behind left. Step left to left side. Step right in place.
- 5 – 6      Touch left behind right. Unwind ½ turn left.
- 7 – 8      Cross right over left. Hold

**Section 5: □ & Cross & Cross. Turn ¼ Left. Touch. Turn ½ Right. Close.**

- & 1      Step left next to right. Cross right over left.
- & 2      Step left next to right. Cross right over left.
- 3 – 4      Turn ¼ left stepping forward on left. Touch right next to left.
- 5 – 6      Turn ½ right stepping forward on right. Close left next to right.

For more details telephone Margaret: 01274 581224 - B W D A Qualified Instructor  
Visit our Web Site [www.texasrose.co.uk](http://www.texasrose.co.uk) - Email [Margaret@texasrose.co.uk](mailto:Margaret@texasrose.co.uk)