

# Do Your Dance

**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Adam Ástmar – Nov. 2015

**Music:** Word Up by Little Mix



**Sequence 64 - 32 - 64 - 64 - 64 - 64**

**Intro: 16 counts from where the drums come in**

**Sect – 1: ROCK FORWARD, RECOVER, BALL, TOUCH BACK, 1/2 UNWIND, 1/4 TURN ROCK SIDE, RECOVER, HIP BUMPS X3**

- 1 - 2 &      Rock R forward, recover to L, ball step R next to L
- 3 - 4      Touch L toe back, unwind 1/2 to the left landing weight on L (6:00)
- 5 - 6      Turn 1/4 to the left rocking R to the right, recover to L (3:00)
- 7 & 8      Bump hips R, L, R

**Sect – 2: BEHIND, 1/4 TURN STEP FORWARD, SHUFFLE, ROCK, RECOVER, SAILOR 1/4 TURN**

- 1 - 2      Cross L behind R, turn 1/4 to the right stepping R forward (6:00)
- 3 & 4      Step L forward, step R next to L, step L forward
- 5 - 6      Rock R forward, recover to L
- 7 & 8      Cross R behind L, turn 1/4 to the right stepping L next to R, step R forward (9:00)

**Sect – 3: 1/4 TURN HIP CIRCLE, BUMP, HIP CIRCLE, BUMP, KICK BALL CROSS, STEP SIDE, 1/4 TURN STEP BACK**

- 1 - 2      Turn 1/4 to the right stepping L to the left circling hips clockwise from back to front, touch R diagonally forward and bump hips to the left (12:00)
- 3 - 4      Step R to the right circling hips anti-clockwise from back to front, touch L diagonally forward and bump hips to the right
- 5 & 6      Kick L diagonally forward to the left, ball step L next to R, cross R over L
- 7 - 8      Step L to the left, turn 1/4 to the right stepping R back (3:00)

**Sect – 4: SHUFFLE BACK, ROCK BACK, RECOVER, PADDLE 1/4, PADDLE 1/2, KICK BALL CHANGE**

- 1 & 2      Step L back, step R next to L, step L back
- 3 - 4      Rock R back, recover to L
- 5 - 6      Turn 1/4 to the left tapping R toe to the right, turn 1/2 to the left tapping R toe to the right (6:00)
- 7 & 8      Kick R forward, ball step R next to L, step L in place

**Sect – 5: ROCK FORWARD, RECOVER, COASTER STEP, STEP 1/2 TURN, STEP, TOUCH**

- 1 - 2      Rock R forward, recover to L
- 3 & 4      Step R back, step L next to R, step R forward
- 5 - 6      Step L forward, turn 1/2 to the right (12:00)
- 7 - 8      Step L forward, touch R next to L

**\*NOTE! On the first wall in section 5. you wave your hands in the air from right to left at count 1 - 2.**

**This is only needed for first wall\***

**Sect – 6: BALL, CROSS, HOLD, SIDE, BEHIND, HOLD, SIDE, CROSS ROCK, CHASSE 1/4 TURN**

- & 1 - 2      Ball step R in place, cross L over R, hold
- & 3 - 4      Step R to the right, cross L behind R, hold

- & 5 - 6                      Step R to the right, cross rock L over R, recover to R  
7 & 8                         Step L to the left, step R next to L, turn 1/4 to the left stepping L forward (9:00)

**Sect – 7: TOUCH FORWARD, STEP, TOUCH FORWARD, STEP, STEP 1/2 TURN, SHUFFLE**

- 1 - 2                         Touch R toe forward and do a small hip bump diagonally to the right, step R forward  
3 - 4                         Touch L toe forward and do a small hip bump diagonally to the left, step L forward  
5 - 6                         Step R forward, turn 1/2 to the left (3:00)  
7 - 8                         Step R forward, step L next to R, step R forward

**Sect – 8: ROCK, RECOVER, SAILOR 1/4 TURN, WALK 1/2 TURN**

- 1 - 2                         Rock L forward, recover to R  
3 & 4                         Cross L behind R, turn 1/4 to the left stepping R next to L, step L forward (12:00)  
5 - 6                         Start making a 1/2 turn left, walking round stepping R, L  
7 - 8                         Finish the 1/2 turn left, walking round stepping R, L (6:00)

**Have fun! Don't forget to dance with attitude! It's a very catchy song! :)**