

Doin The Do

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Heather Jayne Endall (AUS) - March 2022
音乐: Doin' the Do - Betty Boo : (Spotify, iTunes Amazon Music etc.)



#48 Count Introduction (start dance at vocals) – Turning Counter Clockwise

Section 1: Charleston, Kick Ball Change, Pivot ½ Turn (12 O'clock)

- 1,2,3,4 R foot fwd, R foot behind (weight on R), L foot behind, L foot fwd (Charleston step)
- 5 & 6 R foot kick ball change
- 7,8 R foot fwd pivot ½ turn (transfer weight to L) w hip dip when turning. (Now facing 6 O'clock)

Section 2: Walk, walk, Kick Ball Change, Side Taps, ¼ Turn (6 O'clock)

- 1,2,3 & 4 R foot walk fwd, L foot walk fwd, R foot kick ball change
- 5,6,7,8 R foot side-tap x2, R foot back, ¼ turn CCW with L foot to side (resting on heel slightly fwd)
(Now facing 9 O'clock)

Section 3: Cross, side, heel rest, hips to side, step tap (9 O'clock)

- 1 & 2 (weight is on the L) R foot cross over left, L foot to side, R heel fwd on diagonal
- 3 & 4 hips bump L, R, L with slight dip
- 5,6,7,8 Step Right tap R foot to Left, Step Left tap L foot to Right

Section 4: Side slide step, heel lifts w arms, 2 x ½ turn side steps (9 O'clock)

- 1,2,3,4 Wide step with R foot to the side, drag L foot in. Lift heels and hands slight turn 1/8th twist
heels left, hands right. Slight turn 1/8th twist heels right, hands left.
- 5,6,7 & 8 Side step right, ½ turn side step left, ½ turn side step right, left foot steps in to meet right.
Weight is on the left, ready to start the dance again. You will start again on the 9 O'clock wall.

END OF DANCE

Restart: 1st 9 O'clock position. Short wall (first 16 counts) then restart with Charleston Step

Tags: Located at the 1st 3 O'clock position & 2nd 12 O'clock position. 16 counts.

Arms above head circling and hips rolling with body stepping as you turn 360' over right shoulder finish with 2 x right heel taps fwd on the diagonal. Change direction with arms above head circling and hips rolling with body stepping as you turn 360' over left shoulder with 2 x L heel taps fwd on the diagonal

Enjoy!

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