Let's Do It

拍数: 96

级数: Phrased Intermediate

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音乐: Keep It Moving - Flyers

** Intro : 4 Counts

** Sequence: A, A (16 Counts), B, C, A, A (16 Counts), B, C, B, C

- A part -

S1. Back, Back, Out, Out, Knee pop, Step, Cross, Side, 1/4 forward, Forward

- Step RF back, Step LF back, Step RF to R diagonal back 1-2&
- 3&4 Step LF to L diagonal back, Lift both heels pushing knees forward, Both heels down(weight on LF)
- 5-6& Step RF place, Cross LF over RF, Step RF to R side
- 7-8 1/4 turn L step LF fwd , Step RF fwd

S2. Rock Forward/Recover, Shuffle forward, Back, 1/4 forward, 1/4 back, 1/4 side

- 1-2 Rock LF Fwd, Recover weight on RF
- Step LF fwd, Step RF next to LF, Step LF fwd 3&4
- 5-6 Step RF back, 1/4 turn L step LF fwd
- 7-8 1/4 turn L step RF back, 1/4 turn step LF to L side

S3. Dorothy R, Dorothy L, Mambo step, step 1/2

- 1-2& Step RF to R diagonal, Lock LF behind RF, Step RF to R diagonal
- 3-4& Step LF to L diagonal, Lock RF behind LF, Step LF to L diagonal
- 5&6 Step RF fwd, Recover onto LF, Close RF nest to LF
- 7-8 Step LF fwd, 1/2 turn R stepping onto RF

S4. Kick, ball, Side rock/Recover, Kick, Close, Step, Jazz Bax, Forward

- 1&2& LF kick fwd, Close LF next to RF on ball, Rock RF to R side, Recover weight on LF
- 3&4 RF kick fwd, Close RF next to LF, Step LF place
- 5-6 Cross RF over LF, Step LF back
- 7-8 Step RF to R side, Step LF fwd

- B part -

S1. R Side with body wave, Touch with clap, L Side with body wave, Close with clap

Step RF to R side & divide the body wave into 3 counts, Touch LF next to RF & clap hands 1-4 5-8 Step LF to L side & divide the body wave into 3 counts, Close RF next to LF & clap hands (Weight RF)

S2. Rocking chair, step 1/2, Walk, Walk

- 1-2 Rcok LF fwd, Recover weight on RF
- 3-4 Rock LF back, Recover weight on RF
- 5-6 Step LF fwd, 1/2 R turn stepping onto RF
- 7-8 Step LF fwd, Step RF fwd

S3. L Side with body wave, Touch with clap, R Side with body wave, Close with clap

1-4 Step LF to L side & divide the body wave into 3 counts, Tpuch RF next to LF & clap hands 5-8 Step RF to R side & divide the body wave into 3 counts, Close LF next to RF & clap hands (Weight LF)

S4. 1/8 Rock Fwd/Recover, Roger rabbit, 1/8 coaster step, 1/4 Forward, 1/4 Jump

1-2 1/8 turn L rock RF Fwd, Recover weight on LF





墙数:2

- 3&4 Step back RF hitching left knee, step down on LF, step back RF hitching left knee
- 5&6 1/8 turn R step LF back, close RF next to LF, step LF Fwd
- 7-8 1/4 turn R step RF fwd, 1/4 turn R Jump together on both feet

- C part -

S1. R Fwd Diagonal, Swivel×2, Close, L Fwd Diagonal, Swivel×2, Close

- 1&2&3 Step RF fwd to R diagonal, BF Swivel heel lift, BF Recover, BF Swivel heel lift, BF Recover (weight LF)
- 4 Close RF next to LF
- 5&6&7 Step LF fwd to L diagonal, BF Swivel heel lift, BF Recover, BF Swivel heel lift, BF Recover (weight RF)
- 8 Close LF next to RF

S2. Shuffle Fwd, Kick, ball, Forward, Rock Fwd/Recover, 1/2 forward, forward

- 1&2 Step RF fwd, Step LF next to RF, Step RF fwd
- 3&4 Kick LF fwd, Close LF next to RF on ball, Step RF fwd
- 5-6 Rock LF fwd, Recover weight on RF
- 7-8 1/2 turn L stepping LF fwd, Step RF fwd

S3. L Fwd Diagonal, Swivel×2, Close, R Fwd Diagonal, Swivel×2, Close

- 1&2&3 Step LF fwd to L diagonal, BF Swivel heel lift, BF Recover, BF Swivel heel lift, BF Recover (weight RF)
- 4 Close LF next to RF
- 5&6&7 Step RF fwd to R diagonal, BF Swivel heel lift, BF Recover, BF Swivel heel lift, BF Recover (weight LF)
- 8 Close RF next to LF

S4. Shuffle Fwd, Kick, ball, Forward, Rock Fwd/Recover, 1/2 forward, Close

- 1&2 Step LF fwd, Step RF next to LF, Step LF fwd
- 3&4 Kick RF fwd, Close RF next to LF on ball, Step LF fwd
- 5-6 Rock RF fwd, Recover weight on LF
- 7-8 1/2 turn R stepping RF fwd, Close LF next to RF

** I hope you enjoy this time and be happy.

Last Update: 4 Jul 2025