

Doin' The Do!

拍数: 48 墙数: 2 级数: Intermediate/Advanced
编舞者: Tina Argyle (UK)
音乐: Doin' the Do - Betty Boo



¾ MONTEREY TURN, SIDE ROCK & CROSS, RIGHT CHASSE, COASTER ¼ TURN LEFT

1-2 Point right toe to right side, ¾ turn right on ball of left stepping right at side of left
3&4 Rock left to left side, recover weight onto right, cross left over right
5&6 Step right to right side, step left at side of right, step right to right side
7&8 ¼ turn left stepping back left, step right at side of left, step forward, left

POINT HITCH ¼ TURN POINT, HEEL SWIVELS, BEHIND, SIDE, FORWARD, KICK ½ TURN FLICK

9&10 Point right to right side, hitch right knee making ¼ turn right, point right to right side
11&12 Swivel right heel in, out, in
13&14 Cross right behind left, step left to left side, step forward, right
15-16 Kick left forward, spin ½ turn right on ball of right flicking left heel up behind you

LEFT COASTER STEP, HITCH TAP HITCH CROSS, COASTER STEP, SIDE ROCK CROSS

17&18 Step back left, step right at side of left, step forward, left
&19 Hitch right knee in front, tap right toe across left
&20 Hitch right knee, cross right over left taking weight
21&22 Step back left, step right at side of left, step forward, left
23&24 Rock right to right side, recover weight onto left, cross right over left

Optional arms for counts &19 &20: on the & counts lift both fists to right shoulder, on counts 19 - 20 throw fists across to left thigh

LEFT SLIDE TOGETHER, 2 X ROCKING TOE FANS, RIGHT SLIDE TOGETHER, 2 X ROCKING TOE FANS

25-26 Long step left to left side, slide right toe in and step at side of left
&27&28 Lift toes off the floor and fan toes apart, return to the floor & repeat
29-30 Long step right to right side, slide left toe in and step at side of right
&31 Repeat steps &27
&32 Repeat steps &28 (these can be replaced with heel lifts)

DIAGONAL SQUAT BACK LEFT, DIAGONAL SQUAT BACK RIGHT, MAMBO FORWARD, ¼ TURN MAMBO BACK, MAMBO FORWARD, STEP TOGETHER

33-34 Long diagonal step back left, bending knees apart with hands on thighs, body angled to left diagonal, tap right at side of left squaring up to 3:00 wall
35-36 Long diagonal step back right, bending knees apart with hands on thighs, body angled to right diagonal, tap left at side of right squaring up to 3:00 wall
37& Rock forward, onto ball of left, recover weight onto right
38& ¼ turn left rocking back onto ball of left, recover weight onto right
39&40 Rock forward, onto ball of left, recover weight onto right, step left at side of right

2 X LOCK STEP FORWARD, RIGHT THEN LEFT, TURNING HIP BUMPS

41&42 Step forward, right, lock left behind right, step forward, right
43&44 Step forward, left, lock right behind left, step forward, left
45&46 Step forward right bumping hips forward, back forward
47&48 ½ turn left bumping hips forward, back forward, finishing with weight on left

REPEAT