Do It (Like I Did)



拍数: 32 墙数: 4 级数:

编舞者: A.T. Kinson (USA) & Jonathan Baumeister (USA)

音乐: Like I Did - Deborah Cox



RIGHT STEP SIDE WITH ELBOW, BACK ROCK, KNEE ROLLS, KICK BALL POINT 1/4 TURN RIGHT

1 Right step to right side at same time, pushing right elbow sharply out	to right side at chest
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level

2 Hold count

Left rock behind right
Right recover weight
Left step to left side

Roll right knee clock wise, one full circleRoll right knee clock wise, one full circle

7 Kick right forward

& Turning ¼ right, step right next to left

8 Point left out to left side

1/4 TURN LEFT, STEP SLIDE AND FLICK TWICE AND, SYNCOPATED CROSS ROCKS

9	Turning ¼ left, ste	ep left forward.	while sliding right for	ot back (like moon walk)

10 Lightly bounce on left and flick right foot up.

11 Step right forward, while sliding left foot back(like moon walk)

Lightly bounce on right and flick left foot up.Left rock forward across in front of right

& Right recover weightLeft step next to right

15 Right rock forward across in front of left

& Left recover weightRight step next to left

LEFT STEP ACROSS, ½ TURN RIGHT FEET APART, RIGHT STEP SIDE AND LEAN, TAP TAP STEP ½ TURN RIGHT, KNEE LIFT, 3/8 TURN LEFT AND STEP

47	1 64 4			
17	Lett step	across in	front of right	

Turn ½ right, end feet apart, weight on both feet

19 Sharply move (lean) upper torso only to right, weight over right foot

& Left step next to right

20 Point right out to right side

21 Tap right toe, directly behind left

& Tap right toe small step out to right side

22 Step right out to right side

23 Raising left knee up into figure 4, place left hand on inside of left knee

Turning 3/8 left on ball of right, while keeping left hand on inside of left knee, step on left

forward

HEEL HOOK 1/8 TURN LEFT, STEP SWIVEL X'S 2, KICK BALL PRESS, BACK CLOSE 1/4 TURN RIGHT

25	Releasing left hand, place right shin on back of left ankle, (heel hook)

Turn 1/8 left on left, still keeping (heel hook)

& Step right, really small step back

Left step back, swiveling to right, releasing right toe to point up and rightward Right step back, swiveling to left, releasing left toe to point up and leftward

29 Kick left back

&	Left step forward close to right
30	Right press forward with raised hips, arms push back to sides
31	Transferring weight forward to right, step left back
&	Turning ¼ right, right step to right side
32	Left step next to right

REPEAT