

Do The Dance

拍数: 32 墙数: 2 级数:
编舞者: Lisa Capitanelli (USA)
音乐: Do The Dance - Lisa Capitanelli



MOVING RIGHT-STEP RIGHT, LEFT TOGETHER TWICE, STEP RIGHT, TOUCH LEFT, CLAP, REPEAT MOVING LEFT

- 1& Step to right on right foot, step left foot next to right
- 2& Step to right on right foot, step left foot next to right
- 3-4 Step to right on right foot, touch left foot next to right foot and clap
- 5& Step to left on left foot, step right foot next to left
- 6& Step to left on left foot, step right foot next to left
- 7-8 Step to left on left foot, touch right foot next to left foot and clap

STEP BACK & ROCK BACKWARD, FORWARD, BACKWARD, FORWARD

Keep your hands in the air for the next 8 counts

- 1-2 Rock back on right, rock forward on left
- 3-4 Rock forward on right, rock back on left
- 5-6 Rock back on right, rock forward on left
- 7-8 Rock forward on right, rock back on left

HIPS TO RIGHT 3X, CLAP, HIPS TO LEFT 3X, CLAP

- 1-4 Step right foot beside left (comfortable width apart) and shake your hips to the right three times, clap on 4th count
- 5-8 Shake your hips to the left three times, clap on 4th count

HIPS RIGHT, LEFT, RIGHT, LEFT, STEP FORWARD RIGHT, ½ TURN, STEP RIGHT TO LEFT, CLAP

- 1-4 Shake your hips to the right, left, right, left
- 5-6 Step forward on right foot, pivot ½ turn left on balls of your feet
- 7-8 Step right foot next to left, clap

REPEAT
