

Do The Dance

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Nancy Morgan (USA)
音乐: Do The Dance - Lisa Capitanelli



VINE RIGHT, BRUSH, VINE LEFT, STEP

1-2-3 Step forward on right, step left behind right, step right to right side
4 Brush left foot forward
5-6-7 Step forward on left, step right behind left, step left to left side
8 Put right next to left (weight is on right)

TOUCH 4 TIMES $\frac{1}{4}$ TURN RIGHT, TOUCH 4 TIMES $\frac{1}{4}$ TURN LEFT

1-2-3 Touch left toe out to left side 3 times as you turn $\frac{1}{4}$ turn to your right
4 Put left foot next to right
5-6-7 Touch right toe out to right side 3 times as you turn $\frac{1}{4}$ turn to your left
8 Touch right toe next to left

Put your hands in the air as you do these 8 counts

STEP FORWARD TOWARDS 1:00 AS YOU BOUNCE, STEP BACK TOWARDS 7:00 AS YOU BOUNCE

1-2 Step forward towards 1:00 on right foot, put left next to right as you bounce
3-4 Bounce 2 times
5-6 Step back on your left towards 7:00, put your right next to left as you bounce
7-8 Bounce 2 times

SHIMMY FORWARD AND BACK, STEP $\frac{1}{2}$ TURN, STEP $\frac{1}{4}$ TURN

1-2 As you step right foot forward, shimmy shoulders as you lean slightly forward and down
3-4 Shimmy shoulders back up into a full standing position
5-6 Step forward on right, turn $\frac{1}{2}$ turn to left
7-8 Step forward on right, turn $\frac{1}{4}$ turn to left

REPEAT
