

What I Do

拍數: 64 牆數: 1 級數: Improver
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音樂: What I Do - Mark Powell : (Album: Marquee)



Intro : 16 counts

Sequence : Tag after Wall 1 and Bridge after Wall 4 (Wall 1 - Tag - Wall 2 - Wall 3 - Wall 4 - Bridge - Wall 5 - Final Wall)

[1-8] (WALK FWD, STEP PIVOT ½ TURN, STEP) (x2)

1-2 Walk RF, Walk LF
3&4 Step RF & Turn ½ Left, Step RF fwd
5-6 Walk LF, Walk RF
7&8 Step LF & Turn ½ Right, Step LF fwd

[9-16] VAUDEVILLE (x2), R CROSS STEP, L STEP ¼ TURN R, R COASTER STEP

1&2& Cross RF in front of LF & behind LF, Heel R to diagonal right fwd & RF beside LF
3&4& Cross LF in front of RF & behind RF, Heel L to diagonal left fwd & LF beside RF
5-6 Cross RF in front of LF, Turn ¼ Right and Step LF to left
7&8 Step RF back & LF beside RF, Step RF fwd

[17-24] L SHUFFLE FWD, L FULL TURN, R MAMBO FWD, R DIAGONAL STOMP (x3)

1&2 Step LF fwd & RF beside LF, Step LF fwd
3-4 Turn ½ Left and behind RF, Turn ½ Left and LF fwd
5-6 Rock RF fwd, Recover on LF (with transfer weight on LF)
7&8 Stomp RF to diagonal right (x3)

[25-32] L MAMBO FWD, L DIAGONAL STOMP (x3), R JAZZ BOX

1-2 Rock LF fwd, Recover on RF (with transfer weight on RF)
3&4 Stomp LF to diagonal left (x3)
5-6 Cross RF over LF, Step LF back on left
7-8 Step RF to right side, Step LF beside RF

[33-40] KICK BALL POINT (x2), SYNCOPATED CROSS ROCKS

1&2 Kick RF fwd & Step RF down on ball of LF, Touch LF to left side (with transfer weight on RF)
3&4 Kick LF fwd & Step LF down on ball of RF, Touch RF to right side (with transfer weight on LF)
5-6& Cross Rock RF over LF, Recover on weight on LF & Step RF to right
7-8& Cross Rock LF over RF, Recover on weight on RF & Step LF to left

[41-48] (TOE HEEL SWITCHES, HOOK) (x2)

1&2& Point RF back & Recover RF beside LF, Heel L fwd & Recover LF beside RF
3-4& Heel R fwd, Hook RF in front of LF & Step RF beside LF (on spot)
5&6& Point LF back & Recover LF beside RF, Heel R fwd & Recover RF beside LF
7-8& Heel L fwd, Hook LF in front of RF & Step LF beside RF (on spot)

[49-56] R SHUFFLE FWD, L STEP ½ TURN R, L STEP ¼ TURN R, L CROSS ROCK STEP

1&2 Step RF fwd & LF beside RF, Step RF fwd
3-4 Step LF fwd, Turn ½ Right
5-6 Step LF fwd, Turn ¼ Right
7-8 Cross LF in front of RF (with transfer weight on LF), Recover on RF (with transfer weight on RF)

[57-64] SIDE ROCK STEP & SIDE TOGETHER, R JAZZ BOX

1-2& Rock LF to left, Recover on RF (with transfer weight on RF) & LF beside RF
3-4 Rock RF to right, Recover on LF (with transfer weight on LF)
5-6 Cross RF over LF, Step LF back on left
7-8 Step RF to right side, Step LF beside RF

Tag [1-4] R ROCKING CHAIR

1-2 Step RF fwd, Recover on RF
3-4 Step RF back, Recover on RF

Bridge : Start section [33-40] until section [57-64] and change "R JAZZ BOX" by "R JAZZ BOX with ¼ TURN R"

Final Wall : Dance until 20 first counts, then add "Step Right fwd, ¼ Turn Left (facing 12h00) and 3 Right Stomps" : "R STEP ¼ TURN L, R DIAGONAL STOMP (x3)"

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