

Do the Dance

拍數: 32 牆數: 4 級數: Improver
編舞者: Christina Yang (KOR) & In Sun Yoo (KOR) - April 2022
音樂: Do The Dance - Lee Hyori (이효리)



Start the dance after 16 counts

SECTION 1: (FORWARD TOE TOUCH, REPLACE) X 2, (CIRCLING TO CLOCKWISE ONCE IN PLACE) X 2, REPEAT STEPS ON THE OTHER FOOT

1&2& Touch RF toe forward, replace RF, touch LF toe forward, replace LF
3&4& Circling RF to clockwise once in place x 2(weight on RF)
5&6& Touch LF toe forward, replace LF, touch RF toe forward, replace RF
7&8& Circling LF to clockwise once in place x 2(weight on RF)

SECTION 2: (BACKWARD, TOE TOUCH) X 2, COASTER STEP, FORWARD SHUFFLE, FORWARD, 1/2 TURN TO R WITH TOGETHER, FORWARD

1&2& Step LF backward, touch RF toe forward, step RF backward, touch LF toe forward
3&4 Step LF backward, closed RF to LF, step LF forward
5&6 Step RF forward, closed LF to RF, step RF forward
7&8 Step LF forward, 1/2 turn to R with dragging RF to LF, step LF forward

SECTION 3: (SWIVEL, TOUCH) X 2, SWIVEL, TOGETHER, SWIVEL, TOUCH, (SWIVEL, TOUCH) X 2, 1/4 TURN TO L WITH SHUFFLE TURN

1&2& Push RF to diagonal side while swiveling LF heel to outside, touch LF toe next to RF, push LF to diagonal side while swiveling RF heel to outside, touch RF toe next to LF
3&4& Push RF to diagonal side while swiveling LF heel to outside, closed LF to RF, push RF to diagonal side while swiveling LF heel to outside, touch LF toe next to RF
5&6& Push LF to diagonal side while swiveling RF heel to outside, touch RF toe next to LF, push RF to diagonal side while swiveling LF heel to outside, touch LF toe next to RF
7&8 Push LF to diagonal side while swiveling RF heel to outside, closed RF to LF, 1/4 turn to L stepping LF forward

SECTION 4: FORWARD MAMBO, BACKWARD MAMBO, 1/2 TURN TO L WITH 3 TIMES OF HIP BUMP, TOGETHER

1&2 Rock RF forward, recover on LF, step RF backward
3&4 Rock LF backward, recover on RF, step LF forward (coaster step will be available)
5-8 1/8 turn to L with hip bump x 3. 1/8 turn to L with closed RF to LF

RESTART: On the wall 10, you will dance to 16 counts and start again.

NOTE: When music will become more slowly on the wall 9, you will dance slowly to follow the beats (On the last 4 counts, your both hands will raise in every beat)

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