

Do It! You'll Never Dance Alone

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 0 級數:
編舞者: Chen Kuo-Wei (SG)
音樂: Do It (Minus-One Remix) - Kuo-Wei



Position: Form a circle facing inward. You may also form an inner concentric circle, facing outward

Sequence: A BBBB C DDD D&8 A BBBB C DDD D&&

Music was mixed by the choreographer and is based on Manchester United & Liverpool FC theme songs. Ask for a free copy of this music at ckuowei@singnet.com.sg (please include postage)

Dedicated to fans of Liverpool & Manchester United who may also Linedance

PART A

JOGGING, WITH "POMPON" CHEERLEADER ARM MOVEMENTS

Counting of Part A is based on hand rather than leg movements

- | | |
|-----|--|
| 1-2 | Jog on the spot at same time punch left arm in the air |
| 3-4 | Continue jogging |
| 5-6 | Continue jogging at same time punch right arm in the air |
| 7-8 | Continue jogging |
| | |
| 1-2 | Continue jogging & punch left arm in the air followed by right arm in the air |
| 3-4 | Continue jogging & punch left arm to left side followed by right arm to right side |
| 5-6 | Continue jogging & punch left arm in the air |
| 7-8 | Continue jogging |
| | |
| 1-2 | Continue jogging & punch right arm in the air |
| 3-4 | Continue jogging |
| 5-6 | Continue jogging & punch left arm in the air followed by right arm in the air |
| 7-8 | Continue jogging & punch left arm to left side followed by right arm to right side |
| | |
| 1-2 | Continue jogging & punch left arm in the air |
| 3-4 | Continue jogging |
| 5-6 | Continue jogging & punch right arm in the air |
| 7-8 | Continue jogging & punch left arm to left followed by right arm to right |

PART B

WEAVE RIGHT (CIRCLE MOVES TO RIGHT), ROCKING CHAIR

- | | |
|-----|---|
| 1-2 | Cross left foot over right, move right foot to right |
| 3-4 | Cross left foot behind right, move right foot to right |
| 5-6 | Repeat counts 1-2 |
| 7-8 | Repeat counts 3-4 |
| | |
| 1-2 | Rock step left forward (clap your hands in front of you), replace weight on right |
| 3-4 | Rock step left backward (clap your hands behind you), replace weight on right |
| 5-6 | Repeat counts 1-2 |
| 7-8 | Repeat counts 3-4 (lots of attitude please) |

PART C

STEP SCOOT, ROCK & STEP, WEAVE RIGHT RONDE POINT, LEFT JAZZ BOX SCUFF

- | | |
|-----|---|
| 1-2 | Step & scoot forward on left leg (both hands pointing to your heart) |
| 3-4 | Step & scoot forward on right leg (both hands pointing to your heart) |
| 5-6 | Rock forward on left, recover on right |
| 7-8 | Stomp on left, stomp right next to left |

9-24 Repeat these 8 counts 3 times

For the second 8th count (bring both hands near to eyes & point forefingers to take aim)

For the third 8th count (raise & spread both hands in the air, to express "joy")

25-26 Cross left leg over right, step right to right

27-28 Cross left behind right, semi stoop on left & begin to sweep right to the right

29-30 Step right behind left, step left next to right

31-32 Step on right, touch left toe to left (pose)

33-34 Cross left over right, recover on right

35-36 Step on left, scuff on right

PART D

WEAVE LEFT (CIRCLE MOVES TO LEFT), ROCKING CHAIR

1-16 Do a mirror image of Part B

&8 Continue weave left 8 counts

&& Continue weave left till music ends

Join hands as you weave. End with both hands raised

LYRICS

PART A

Do it! Do it! |

Do it right the very first time, | repeat

Do it! Do it!

PART B

Do it right from the very first time

Let it shine and let it be your light

We can dance to any song we like

We can jive and cha-cha thru the nite

PART C

Our heart is built on nothing less

Our aim's to be the very best

Our joy is all for everyone

This is our victory dance

PART D

'Cause you'll never dance alone |

You'll never dance alone
