

拍數: 38 牆數: 2 級數: Improver
編舞者: Kim Nolan (UK) - April 2014
音樂: D.I.Y. - Paul Heaton & Jacqui Abbott : (Album: What Have We Become or Single - iTunes)



Intro 16ct - Start on lyrics

Heel, Together x 2, Heel, Hitch/Slap, Heel, Hitch/Slap, Forward R Shuffle, Left Rock

1&2& Touch R heel fwd, Step R back in place, Touch L heel fwd, Step L back in place
3&4& Touch R heel fwd, Hitch R knee up with a slap on R thigh, Repeat cts 3&
5&6 Step R forward, Step L to instep of right, Step R forward
7-8 Rock forward on Left, Recover weight onto right

Left & Right Back Shuffles, Left Coaster Step, Heel, Hitch/Slap, Heel, Hitch/Slap

1&2 Step L back, Step R to instep of left, Step L back
3&4 Step R back, Step L to instep of right, Step R back
5&6 Step L back, Step R back next to left, Step L forward
7&8& Touch R heel fwd, Hitch R knee up with a slap on R thigh, Repeat cts 7&

**** 2nd Restart at 2 mins during last wall (Wall 6) (after instrumental)**

Walk, Walk, Mambo, Walk, Walk, Mambo

1-2, 3&4 Walk fwd R, L, Rock R to right side, Recover weight to left, Step R together
5-6, 7&8 Walk fwd L, R, Rock L to left side, Recover weight to right, Step L together

Side, Hold, Syncopated Weave, (hitch instead of recover to rocks):- Side Rock, L Hitch & ¼ Turn left & L fwd, R Hitch, ¼ Turn left & Side Rock, L Hitch & ¼ Turn left, L fwd, R Hitch (Click fingers on Hitches)

(Note: cts 5 and 7, have a rocking motion with Hitches instead of a recover step)

1-2, 3&4 Step R to right, Hold, Cross L behind right, Step R to side, Cross L over right
5&6& (rock) Step R to side, Hitch L knee, Turn ¼ L & step L fwd (9:00), Hitch R knee,
7&8& Turn ¼ L (6:00) & (rock) Step R to side, Hitch L knee, Turn ¼ L (3:00) & step L fwd, Hitch R knee

Turning Jazz Box, (with finger clicks), Right Kick Ball Change

1-4 Cross R over left, Step L back, Turn ¼ right and step on to R (6:00), Step L tog (click fingers to r, l, r, l sides on "&" counts)

*** 1st Restart (1m 50s) at new & last Wall 6 (instrumental)**

5&6 Kick R fwd, weight change as you step onto R Ball of foot in place, weight change & step on to Left

Start again

Restarts are easy to spot both facing last wall (no.6) they restart at the beginning & end of instrumental section :-

*** 1st Restart (1m 50s) - at the beginning of instrumental after end of ct 36 end of Turning Jazz Box (Restart at beginning of final wall no.6)**

**** 2nd Restart (2 mins) is just 16 cts later, at the end of the instrumental after ct 16 (Hitch/Slap)**

For fun ending:- as the music ends on ct 31 (fwd rock), why not stretch out both arms to the side as if to say "Ta da!!!" I hope you have fun

Copyright Kim Nolan, England, UK (April 2014)

Contact: thekimbodukers@hotmail.co.uk

