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Do A Little Dance

32 Count, 4 Wall, Intermediate

Choreographer: Henry Costa (USA) Nov 2015

Choreographed to: Get Down Tonight by

K. C. & The Sunshine Band,

Album: Best of K. C. & The Sunshine Band.

(109 bpm-4:47m)

FORWARD RIGHT, FORWARD LEFT, (RUN IN PLACE) RIGHT, LEFT, RIGHT, KICK, BACK, BACK TOUCH, HALF TURN

- 1-2 forward right, forward left
- 3&4 Run in place with high knee lifts Right, Left , Right
- 5-6 Kick forward Left, back left
- 7-8 back right with a toe touch, ½ turn right stepping down on right

FORWARD LEFT (HIP & HIP), FORWARD RIGHT (HIP & HIP), FORWARD LEFT, FORWARD RIGHT, HEEL SPLIT (2 TIMES)

- 1&2 forward left with hip bump, right hip bump, left hip bump
- 3&4 forward right with hip bump, left hip bump, right hip bump
- 5-6 forward left, forward right
- 7&8& swivel heels apart (making upside down V), return together, swivel heels apart (making upside down V), return together

HALF MONTEREY TURN, QUARTER MONTEREY TURN

- 1-2 Touch right to right side, turn ½ turn step right together
- 3-4 Touch left to left side, step left together
- 5-6 Touch right to right side, turn 1/4 turn step right together
- 7-8 Touch left to left side, step left together

CROSS, SIDE, SAILOR SHUFFLE, FRONT, SIDE, BEHIND, SIDE, FRONT

- 1-2 cross right over left, step side left
- 3&4 cross right behind left, step left to left side, step right in place
- 5-6 cross left in front of right, step right to right side
- 7&8 step left behind right, step right to right side, cross left in front of right.

BEGIN AGAIN