

Website: www.linedancerweb.com Email: admin@linedancerweb.com

## **Do Your Dance**

## **INTERMEDIATE**

64 Count 2 Walls

Choreographed by: Adam Åstmar Choreographed to: Word Up by Little Mix

Sequence	64 - 32 - 64 - 64 - 64 - 64
Intro:	16 counts from where the drums come in
<b>Sect - 1</b> 1 - 2 & 3 - 4 5 - 6 7 & 8	ROCK FORWARD, RECOVER, BALL, TOUCH BACK, 1 / 2 UNWIND, 1 / 4 TURN ROCK SIDE, RECOVER, HIP BUMPS X3  Rock R forward, recover to L, ball step R next to L  Touch L toe back, unwind 1 / 2 to the left landing weight on L (6:00)  Turn 1 / 4 to the left rocking R to the right, recover to L (3:00)  Bump hips R, L, R
<b>Sect - 2</b> 1 - 2 3 & 4 5 - 6 7 & 8	BEHIND, 1 / 4 TURN STEP FORWARD, SHUFFLE, ROCK, RECOVER, SAILOR 1 / 4 TURN Cross L behind R, turn 1 / 4 to the right stepping R forward (6:00) Step L forward, step R next to L, step L forward Rock R forward, recover to L Cross R behind L, turn 1 / 4 to the right stepping L next to R, step R forward (9:00)
Sect - 3  1 - 2  3 - 4  5 & 6 7 - 8	1 / 4 TURN HIP CIRCLE, BUMP, HIP CIRCLE, BUMP, KICK BALL CROSS, STEP SIDE, 1 / 4 TURN STEP BACK Turn 1 / 4 to the right stepping L to the left circling hips clockwise from back to front, touch R diagonally forward and bump hips to the left (12:00) Step R to the right circling hips anti-clockwise from back to front, touch L diagonally forward and bump hips to the right Kick L diagonally forward to the left, ball step L next to R, cross R over L Step L to the left, turn 1 / 4 to the right stepping R back (3:00)
<b>Sect - 4</b> 1 & 2 3 - 4 5 - 6 7 & 8	SHUFFLE BACK, ROCK BACK, RECOVER, PADDLE 1 / 4, PADDLE 1 / 2, KICK BALL CHANGE Step L back, step R next to L, step L back Rock R back, recover to L Turn 1 / 4 to the left tapping R toe to the right, turn 1 / 2 to the left tapping R toe to the right (6:00) Kick R forward, ball step R next to L, step L in place
<b>Sect - 5</b> 1 - 2 3 & 4 5 - 6 7 - 8 *NOTE!	ROCK FORWARD, RECOVER, COASTER STEP, STEP 1 / 2 TURN, STEP, TOUCH Rock R forward, recover to L Step R back, step L next to R, step R forward Step L forward, turn 1 / 2 to the right (12:00) Step L forward, touch R next to L On the first wall in section 5. you wave your hands in the air from right to left at count 1 - 2. This is only needed for first wall*
<b>Sect - 6</b> & 1 - 2 & 3 - 4 & 5 - 6 7 & 8	BALL, CROSS, HOLD, SIDE, BEHIND, HOLD, SIDE, CROSS ROCK, CHASSE 1 / 4 TURN Ball step R in place, cross L over R, hold Step R to the right, cross L behind R, hold Step R to the right, cross rock L over R, recover to R Step L to the left, step R next to L, turn 1 / 4 to the left stepping L forward (9:00)
<b>Sect - 7</b> 1 - 2 3 - 4 5 - 6 7 - 8	TOUCH FORWARD, STEP, TOUCH FORWARD, STEP, STEP 1 / 2 TURN, SHUFFLE Touch R toe forward and do a small hip bump diagonally to the right, step R forward Touch L toe forward and do a small hip bump diagonally to the left, step L forward Step R forward, turn 1 / 2 to the left (3:00) Step R forward, step L next to R, step R forward
<b>Sect - 8</b> 1 - 2 3 & 4 5 - 6 7 - 8	ROCK, RECOVER, SAILOR 1 / 4 TURN, WALK 1 / 2 TURN  Rock L forward, recover to R  Cross L behind R, turn 1 / 4 to the left stepping R next to L, step L forward (12:00)  Start making a 1 / 2 turn left, walking round stepping R, L  Finish the 1 / 2 turn left, walking round stepping R, L (6:00)

Don't forget to dance with attitude! It's a very catchy song! :)

Have fun!