Do Your Dance

INTERMEDIATE
64 Count 2 Walls
Website: www.linedancerweb.com
Email: admin@linedancerweb.com

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
Sect -1 ROCK FORWARD, RECOVER, BALL, TOUCH BACK, 1/2 UNWIND, 1/4 TURN ROCK SIDE,
    RECOVER, HIP BUMPS X3
1-2 & Rock R forward, recover to L, ball step R next to L
3-4 Touch L toe back, unwind 1/2 to the left landing weight on L (6:00)
5-6 Turn 1/4 to the left rocking R to the right, recover to L (3:00)
7 & 8 Bump hips R, L, R
Sect - 2 BEHIND, 1/4 TURN STEP FORWARD, SHUFFLE, ROCK, RECOVER, SAILOR 1/4 TURN
1-2 Cross L behind R, turn 1/ 4 to the right stepping R forward (6:00)
3 & 4 Step L forward, step R next to L, step L forward
5-6 Rock R forward, recover to L
7& 8 Cross R behind L, turn 1/ 4 to the right stepping L next to R, step R forward (9:00)
Sect - 3 1/4 TURN HIP CIRCLE, BUMP, HIP CIRCLE, BUMP, KICK BALL CROSS, STEP SIDE, 1/4
    TURN STEP BACK
1-2 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)
3-4 Step R to the right circling hips anti-clockwise from back to front, touch L diagonally forward and bump
    hips to the right
5 & 6 Kick L diagonally forward to the left, ball step L next to R, cross R over L
7-8 Step L to the left, turn 1/4 to the right stepping R back (3:00)
Sect - 4 SHUFFLE BACK, ROCK BACK, RECOVER, PADDLE 1/4, PADDLE 1 / 2, KICK BALL CHANGE
1 & 2 Step L back, step R next to L, step L back
3-4 Rock R back, recover to L
5-6 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)
7 & 8 Kick R forward, ball step R next to L, step L in place
Sect - 5 ROCK FORWARD, RECOVER, COASTER STEP, STEP 1/2 TURN, STEP, TOUCH
1-2 Rock R forward, recover to L
3 & 4 Step R back, step L next to R, step R forward
5-6 Step L forward, turn 1/2 to the right (12:00)
7-8 Step L forward, touch R next to L
*NOTE! 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*
Sect - 6 BALL, CROSS, HOLD, SIDE, BEHIND, HOLD, SIDE, CROSS ROCK, CHASSE 1/4 TURN
& 1-2 Ball step R in place, cross L over R, hold
& 3-4 Step R to the right, cross L behind R, hold
& 5-6 Step R to the right, cross rock L over R, recover to R
7 & 8 Step L to the left, step R next to L, turn 1/4 to the left stepping L forward (9:00)
Sect - 7 TOUCH FORWARD, STEP, TOUCH FORWARD, STEP, STEP 1/2 TURN, SHUFFLE
1-2 Touch R toe forward and do a small hip bump diagonally to the right, step R forward
3-4 Touch L toe forward and do a small hip bump diagonally to the left, step L forward
5-6 Step R forward, turn 1/2 to the left (3:00)
7-8 Step R forward, step L next to R, step R forward
Sect - 8 ROCK, RECOVER, SAILOR 1/4 TURN, WALK 1/2 TURN
1-2
    Rock L forward, recover to R
3 & 4 Cross L behind R, turn 1/4 to the left stepping R next to L, step L forward (12:00)
5-6 Start making a 1 / 2 turn left, walking round stepping R, L
7-8 Finish the 1/ 2 turn left, walking round stepping R, L (6:00)
Have fun! Don't forget to dance with attitude! It's a very catchy song! :)
```

