



Do Your Thing

64 count, 4 wall, intermediate level

Choreographer: Barry & Dari Anne Amato, Max Perry & Kathy Hunyadi (USA)

Choreographed to: "Do Your Thing" by Basement Jaxx (128 bpm), CD "Rooted", start on vocals

Section 1 Right, Left, Right Shuffle, Left, Right, Left Shuffle

- 1-2 Step forward right. Step forward left
3&4 Step forward right. Close left beside right. Step forward right
5-6 Step forward left. Step forward right
7&8 Step forward left. Close right beside left. Step forward left

Arms: *Both arms are at chest height and move with steps.
Left arm across chest with palm to chest, right out to right side palm forward (1).
Switch arms so right comes across chest and left goes out to left (2).
Continue to switch arms with each step in this section.*

Section 2 Steps Out & Steps Back with Jazz Hips & Hands, Cross Unwind, Heel Bounce

- 1 Step diagonally forward on ball of right, rolling hip as you lower heel
2 Step diagonally forward on ball of left, rolling hip as you lower heel
3-4 Step right back pushing right hip back. Step left back pushing left hip back

Arms: *Again arms moves with steps. Push both hands up to right diagonal palms forward (1).
Push both hands up to left diagonal palms forward (2).
Push both hands down to right diagonal palms back (3).
Push both hands down to left diagonal palms back (4).*

- 5-6 Cross right over left. Unwind 1/2 turn left, weight ending on right
7& Tap left toe beside right. Tap left slightly to left side
8 Step left out to left side a little further than second tap

Arms: *At waist height, with palms down, push both hands down three times moving to left with taps as if bouncing a ball (7&8).*

Section 3 Right Side, Cross, Right Heel Bounce, Left Side, Cross, Left Heel Bounce

- 1-2 Step right to right side. Step left across in front of right
3& Tap right toe beside left. Tap right slightly to right side
4 Step right out to right side a little further than second tap

Arms: *At waist height, with palms down, push both hands down three times moving to right with taps as if bouncing a ball (3&4).*

- 5-6 Step left to left side. Step right across in front of left
7& Tap left toe beside right. Tap left slightly to left side
8 Step left out to left side a little further than second tap

Arms: *At waist height, with palms down, push both hands down three times moving to left with taps as if bouncing a ball (7&8).*

Section 4 Jazz Box 1/4 Turn, 2 x Syncopated Locks Forward (Joey) with 1/4 Turn Left

- 1-2 Cross right over left. Step left back making 1/4 turn right
3-4 Step right to right side. Touch left beside right
5& Step forward left. Cross right behind left
6& Step forward left. Step forward right
7&8 Cross left behind right. Step forward right. Step left 1/4 turn left

Section 5 Heel Bounces, Kick, Back Rock, Forward Left Triple Full Turn Right

- 1-4 Bounce left heel 3 times. Take weight back onto right and kick left forward
5-6 Rock back on left. Rock forward on right
7&8 Travelling slightly forward, full triple turn right, stepping - Left, Right, Left

Note: *Full turn may be replaced with left shuffle forward*

Section 6 Start 'X' Walks and Turns (start walking towards 8 o'clock)

Note: *The 'X' Walks and Turns are performed towards corners not walls*

- 1-2 Make 1/8 turn right stepping forward on right. Step forward left
- 3-4 Step forward right. Pivot 1/2 turn left
- 5-6 Step forward right. Step forward left (towards 1 o'clock)
- 7-8 Step forward right. Pivot 3/4 turn left stepping forward onto left

Section 7 Finish 'X' Walks and Turns, 3 x Heel Bounces

- 1-2 Step forward right. Step forward left (towards 5 o'clock)
- 3-4 Step forward right. Pivot 1/2 turn left
- 5-6 Step forward right. Step left beside right (towards 11 o'clock)
- 7&8 Bounce heels 3 times making 3/8 turn left (to face 6 o'clock wall)

Section 8 Forward Rock, Shuffle 1/2 Turn, Forward Rock, Shuffle 3/4 Turn

- 1-2 Rock forward on right. Rock back onto left
- 3&4 Shuffle step 1/2 turn right, stepping - Right, Left, Right
- 5-6 Rock forward on left. Rock back onto right
- 7&8 Shuffle step 3/4 turn left, stepping - Left, Right, Left

Break After 4th Sequence there is a 16 count break, you will be facing front

- 1-4 Make 1/4 turn left stepping right out to right side. Hold for 3 counts
- 5-8 On ball of right make 1/2 turn right stepping left to left side. Hold for 3 counts
- 9-12 On ball of left make 1/2 turn left stepping right to right side. Hold for 3 counts
- 13-16 On ball of right make 1/4 turn right stepping left to left side. Hold for 3 counts

Note: *You will be facing front again and start dance from beginning*

Quelle:

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