

Do Your Dance

Count: 64 Wall: 2 Level: Intermediate

Choreographer: Adam Åstmar – Nov. 2015

Music: 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! :)