

DO THE DANCE

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Nancy A. Morgan

Music: Do The Dance by Lisa Capitanelli

VINE RIGHT, BRUSH, VINE LEFT, STEP

- 1-2-3 Step forward on right, step left behind right, step right to right side
- 4 Brush left foot forward
- 5-6-7 Step forward on left, step right behind left, step left to left side
- 8 Put right next to left (weight is on right)

TOUCH 4 TIMES $\frac{1}{4}$ TURN RIGHT, TOUCH 4 TIMES $\frac{1}{4}$ TURN LEFT

- 1-2-3 Touch left toe out to left side 3 times as you turn $\frac{1}{4}$ turn to your right
- 4 Put left foot next to right
- 5-6-7 Touch right toe out to right side 3 times as you turn $\frac{1}{4}$ turn to your left
- 8 Touch right toe next to left

Put your hands in the air as you do these 8 counts

STEP FORWARD TOWARDS 1:00 AS YOU BOUNCE, STEP BACK TOWARDS 7:00 AS YOU BOUNCE

- 1-2 Step forward towards 1:00 on right foot, put left next to right as you bounce
- 3-4 Bounce 2 times
- 5-6 Step back on your left towards 7:00, put your right next to left as you bounce
- 7-8 Bounce 2 times

SHIMMY FORWARD AND BACK, STEP $\frac{1}{2}$ TURN, STEP $\frac{1}{4}$ TURN

- 1-2 As you step right foot forward, shimmy shoulders as you lean slightly forward and down
- 3-4 Shimmy shoulders back up into a full standing position
- 5-6 Step forward on right, turn $\frac{1}{2}$ turn to left
- 7-8 Step forward on right, turn $\frac{1}{4}$ turn to left

REPEAT