

Dose

Choreographed by Rebecca Lee (MY)

Description: 32 counts, 4 wall, Street - Funk

Level: Newcomer

Music : 'Dose' - Ciara (113 BPM) - Non-Country

Official UCWDC competition dance description

Date of usage 23 May 2019 to May 2020

- 1-8 STEP SCOOT, SCUFF, HITCH, MONTEREY TURN L, BALL CHANGE**
- 1 Step RF forward
2 & Step on LF w/ scoot, scuff RF, hitch R knee
3 Step forward on RF
4 Point L toe side L
5 Close LF to RF, ½ turn L (facing 6:00)
6 Point R toe to side R
7 Step on ball of R
&8 Step on ball of LF, step RF to side R
- 9-16 SAILOR STEP FORWARD, ROGER RABBIT, BALL CHANGE X2, BALL CROSS RF OVER LF**
- 1 & 2 Step LF behind RF, step RF side R, step forward on LF
&3 &4 Step back on RF, step back on LF
&5 & 6 Step RF behind LF, step on ball of LF forward, replace weight to RF
& 7 Step on ball of LF, change weight to RF
& 8 Step on ball of LF, cross RF over LF
- 17-24 STEP POINTS X3, REVERSE BODY ROLL, BALL CHANGE, ¼ TURN HEEL TAPS X2**
- 1 2 Step LF forward/ ¼ turn R, point R toe to side R (facing 12:00)
& 3 & 4 Step on ball of LF, point R toe side R, step on ball of RF, point R toe back
5 & 6 Change weight to RF, reverse body roll, close LF to RF, step RF back, change weight to split weight
7 & 8 ¼ turn L, heel taps X2, change weight to LF (facing 3:00)
- 25-32 R HEEL SWIVEL, L SWIVEL, HEELS IN, TOES IN, HEAD POP, BALL CHANGE, HEAD POP, CAMEL WALKS, SCOOT**
- 1 & 2 & R heel swivel in, out, L heel swivel in, out, split weight
3 & 4 Heels in, toes in, weight on RF
&5 Step back on ball of LF, step forward on RF
6 Step LF forward, scoot
7 Step forward on RF, pop L knee
8 Scoot LF