



JUST DO IT

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Choreographed by: *Namcy Yiu*

112 Count, 4 Wall, Intermediate Phrased line dance

Music: All For You by Janet Jackson

LINE DANCING WITH TAMMY WYATT

Sequence: A-,B,A,B,A,B,B,C,C,B,C,C,B's to end

A-: IS FIRST 16 COUNTS OF A

B: 32 COUNTS

A: 64 COUNTS

C: 16 COUNTS

"A" Sequence

RIGHT STEP OUT, LOOK RIGHT & LOOK CENTER, PRESS RIGHT OUT, TOUCH RIGHT BESIDE LEFT, STEP SIDE RIGHT, TOUCH LEFT, STEP LEFT, TOUCH RIGHT

- 1&2 (1) step out right (lifting head up to center), (&) look right (2) center
- 3.4 (3) press right foot out to right, (4) touch right beside left
- 5.6 (5) step right to side, (6) touch left beside right
- 7.8 (7) step left to left side, (8) touch right beside left

WALK RIGHT, LEFT, HOLD, ¼ TURN LEFT TOUCH RIGHT OUT, ¼ TURN LEFT, TOUCH RIGHT OUT, WALK BACK RIGHT, LEFT, TOUCH RIGHT BESIDE LEFT

- 1.2 (1) step forward right, (2) step forward left (bending knees)
- 3.4 (3) hold (4) ¼ turn left pointing right toe out to side,
- 5-6 (5) ¼ turn left pointing right toe out to side, (6) step back right
- 7.8 (7) step back left, (8) touch right beside left

VINE RIGHT WITH A FLICK, SIDE LEFT, BEHIND, HOLD, ¼ TURN LEFT AND TOUCH

- 1-2-3-4 (1) step side right, step (2) left behind, (3) step side right, (4) flick left behind right
- 5-6-7&8 (5) step side left, (6) step right behind, (7) hold, (&) ¼ turn left stepping left, (8) touch right

STEP BACK RIGHT, KICK RIGHT, STEP SIDE RIGHT, KICK LEFT, STEP BACK LEFT, KICK LEFT, STEP SIDE LEFT, KICK RIGHT

- 1&2 (1) step right slightly back keeping weight on left, (&) bend knees, (2) kick right out to side
- 3&4 (3) step right (&) move shoulders up and down (4) kick left
- 5&6 (5) step left slightly back keeping weight on right, (&) bend knees, (6) kick left out to side
- 7&8 (7) step left (&) move shoulders up and down, (8) kick right

¼ TURN SAILOR, SYCOPATED TOUCHES RIGHT AND LEFT, 4 WALKS FORWARD

- 1&2 (1) step right behind left, (&) ¼ turn right stepping left back
- (2) step forward right
- &3&4 (&) step step left beside right, (3) touch right out to right side (&) step right beside left (4) touch left out to left
- 5.6.7.8 (5) step forward left (6) step forward right (7) step forward left (8) step forward right

BRUSH LEFT FORWARD, BRUSH LEFT BACK IN A CIRCULAR MOTION & STEP TO LEFT SIDE, KNEE OUT, KNEE IN, OUT, BALL CROSS, ½ TURN LEFT, BUMP LEFT, RIGHT, LEFT

- 1&2 (1) brush left forward, (&) brush left back in a circular motion, (2) step left to left side
- 3&4 (3) turn right knee out, (&) hold, (4) turn right knee in and turn head to the left
- 5&6 (5) turn right knee out, keep weight on left, (&) cross right over left (6) ½ turn left
- 7&8 (7) bump hips left (&) bump hips right (8) bump hips left

RIGHT KICK BALL CROSS TOUCH, LEFT KICK BALL CROSS TOUCH, 2 STEP LOCKS FORWARD

- 1&2 (1) kick right forward (&) step right beside left (2) touch left across right
- 3&4 (3) kick left forward (&) step left beside right (4) touch right across left
- 5.6.7.8 (5) step forward right (6) lock left behind right (7) step forward right (8) lock left behind right





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Music: All For You by Janet Jackson

LINE DANCING WITH TAMMY WYATT

STEP RIGHT, TOUCH LEFT, STEP LEFT, TOUCH RIGHT, BEND, JUMP TOGETHER, HOLD

- 1.2 (1) slap thighs as you step right to side, (2) wrist roll both arms as you touch left next to right
- 3.4 (3) slap thighs as you step left to side, (4) wrist roll both arms as you touch right next to left
- 5.6.7.8 (5) step side right (6) bend knees (7) jump both feet together (8) hold

"B" Sequence

BOUNCE TURN 1/8TH, BOUNCE TURN 1/8TH, COASTER STEP, STEP OUT, OUT, IN, IN

- 1-2 (1) bounce as you turn 1/8th, (2) bounce as you turn 1/8th
- 3&4 (3) step back right (&) step back left (4) step forward right
- 5.6.7.8 (5) step out right (6) step out left (7) step in right (8) step in left

REPEAT THE ABOVE 8 COUNTS 2 MORE TIMES

BOUNCE TURN 1/8TH, BOUNCE TURN 1/8TH, COASTER STEP, 1/2 TURN RIGHT, STEP OUT, STEP IN, IN

- 1-2 (1) bounce as you turn 1/8th, (2) bounce as you turn 1/8th
- 3&4 (3) step back right (&) step back left (4) step forward right
- 5-6 (5) cross left over right & turn 1/2 turn right, (6) step out right
- 7-8 (7) step in left, (8) step in right

"C" Sequence

PRESS OUT RIGHT, HOLD, HITCH, STEP, BUMP & BUMP, 1/4 TURN, STEP

- 1-2 (1) press right out to side, (2) hold (you can sweep right arm over head for style)
- 3.4 (3) hitch left knee across right (4) step left out to left
- 5&6 (5) bump hips right (&) bump hips left (6) bump hips right
- 7.8 (7) step left as you 1/4 turn left 1/4 turn left as you step forward right

STEP FORWARD & BUMP, KICK OUT HOLD, HOLD, RAISE HANDS, STEP LEFT, RIGHT, LEFT

- 1&2 (1) step forward left (&) bump hips right (2) bump hips left
- 3&4 (3) kick right out (&) step out right (4) press right hand down in front, while holding
- 5-6 (5) rotate wrist on right hand counterclockwise (6) raise both hands up to waist level
- 7&8 (7) step left (&) step right (8) step left

NOTE: DANCE IS NOT AS HARD AS IT SEEMS, KEEP SMILING AND HAVE FUN

Taught by Namcy Yiu: February 2002

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Step Sheet Provided Courtesy Of
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