

Marz and Mummies

Choreographers:

Niels Poulsen - niels@love-to-dance.dk

Maria Maag - maria.maag@hotmail.com

November/December 2010



Type of dance: Pop/funky ABC-dance. 2 walls. A: 32 counts/2 walls. B: 32 counts. C: 32 counts
 Level: Advanced
 Music: **Do What You Do** by Marz Ft Pack And Mummies. On album: Marz presents billion dollar ballers
 Intro: 4 counts from first beat in music (2 secs into track). Weight on L
 Sequence: A, B, C, A*, A*, C, B, A*, A*, C, B, A. **NOTE: See phrasing explanation on page 2**
 Ending: Complete your last A, now facing 12:00. Step forward on R with attitude!
 Note: Thanks to Tom Araujo for his continued support and help
 Extra note: A big thanks to Maria Maag for co-choreographing the C section with me.

A section

Counts	Footwork	You face
1 – 8	Kick and point, knee pop & cross, side rock, cross shuffle, hold/drag...	
1&2	Kick R fw (1), step R next to L (&), point L to L side (2)	12:00
3&4	Pop R knee towards L knee rocking onto L (3), recover on R (&), cross L over R (4)	12:00
5&	Rock R to R side (5), recover weight to L (&)	12:00
6&7 – 8	Cross R over L (6), step L to L side (&), take a big step crossing R over L (7), hold but drag L towards L side (8)	12:00
9 – 16	& rock, ½ shuffle R, fw L coaster, big ball step, drag R	
&1 – 2	Step L to L side (&), rock fw on R (1), recover on L (2)	12:00
3&4	Turn ¼ R stepping R to R side (3), step L next to R (&), turn ¼ R stepping fw R (4)	6:00
5&6	Step fw on L (5), step R next to L (&), step back on L (6)	6:00
&7 – 8	Step back on R (&), push off R stepping L big step backwards (7), drag R back (8)	6:00
17 – 24	Bounce with knee pop X 2, walk fw R L, ½ turn swivel	
1&2&	Step R back bending in R knee and popping L knee fw (1), straighten legs (&), repeat bend/pop (2), straighten legs (&) – <i>weight R</i>	6:00
3&4&	Step L back bending in L knee and popping R knee fw (3), straighten legs (&), repeat bend/pop (4), straighten legs (&) – <i>weight L</i>	6:00
5 – 6	Walk fw R (5), walk fw L (6)	6:00
7&8	Step fw R (7), swivel L heel almost a ½ L (&), complete ½ turn with L heel and swivel R heel ½ L (8) – <i>weight on R</i>	12:00
25 – 32	& side switches, & kick and point, ball step ½ turn L, step fw R, ½ turn L	
&1&2	Step L next to R (&), point R to R side (1), step R next to L (&), point L to L side (2)	12:00
&3&4	Step L next to R (&), kick R fw (3), step R next to L (&), point L fw (4)	12:00
&5 – 6	Step L next to R (&), step fw R (5), turn ½ L stepping onto L (6)	12:00
7 – 8	Step fw on R (7), turn ½ L stepping onto L (8) * Note: counts 29-32 are different the 2 nd , 3 rd , 4 th and 5 th times you do the A section. See phrasing explanation on page 2	12:00

B section

Counts	Footwork	You face
1 – 8	Point R 'front back side to side', step 'front front back back', heel 'side to side'	
1 – 2	Point R fw (1), point R backwards (2)	12:00
3&4	Point R to R side (3), step R next to L (&), point L to L side (4)	12:00
5&6&	Step L fw (5), step R next to L (&), step L back and to L side (6), step R back and to R side (&)	12:00
7&8	Pop L heel to L side (7), return L heel to neutral (&), pop R heel to R side (8)	12:00
9 – 16	Point R 'front back side to side', step 'front front back back', heel 'side to side'	
1 – 2	Point R fw (1), point R backwards (2)	12:00
3&4	Point R to R side (3), step R next to L (&), point L to L side (4)	12:00
5&6&	Step L fw (5), step R next to L (&), step L back and to L side (6), step R back and to R side (&)	12:00
7&8	Pop L heel to L side (7), return L heel to neutral (&), pop R heel to R side (8)	12:00

17 – 24	Hitch R 'up', step R 'down', ½ triple turn 'round and round', bounce heels 'up up down down', full hip roll L 'all around'	
1 – 2	Hitch R knee 'up' (1), step R 'down' to R side prepping upper body to R side (2)	12:00
3&4	Spin ½ L on L (3), step out R (&), step out L (4)	6:00
&5&6 &7&8	Lift heels off the floor (&), step down on heels (5) – repeat heel bounces on &6&7&8 and at the same time roll hips anticlockwise a full turn around ending with weight on L	6:00
25 – 32	Hitch R 'up', step R 'down', ½ triple turn 'round and round', bounce heels 'up up down down', full hip roll L 'all around'	
1 – 2	Hitch R knee 'up' (1), step R 'down' to R side prepping upper body to R side (2)	6:00
3&4	Spin ½ L on L (3), step out R (&), step out L (4)	12:00
&5&6 &7&8	Lift heels off the floor (&), step down on heels (5) – repeat heel bounces on &6&7&8 and at the same time roll hips anticlockwise a full turn around ending with weight on L	12:00

C section

Counts	Footwork	You face
1 – 8	R cross rock, & L cross rock, ¼ L, fw R, syncopated mambos L and R	
1 – 2&	Cross rock R over L (1), recover back on L (2), step R a small step to R side (&)	12:00
3&4&	Cross rock L over R (3), recover back on R (&), turn ¼ L stepping L fw (4), step R fw (&)	9:00
5 – 6&	Rock L fw (5), recover weight back on R (6), step L next to R (&)	9:00
7 – 8&	Rock R fw (7), recover weight back on L (8), step R a small step backwards (&)	9:00
9 – 16	Cross unwind ½ R, sailor ¼ R with prep, 1½ triple L, step ½ L	
1 – 2	Cross L over R (1), unwind ½ R on L (2)	3:00
3&4	Cross R behind L (3), turn ¼ R stepping L a small step to L side (&), step R fw prepping upper body to R side for L turn (4) (R foot should be pointed slightly to R corner)	6:00
5&6	Turn ½ L stepping fw on L (5), turn ½ L stepping back on R (&), turn ½ L stepping fw on L (6)	12:00
7 – 8	Step fw on R (7), turn ½ L stepping fw on L (8)	6:00
17 – 24	Ball big step fw, together, knee splits X 2, ¼ L into syncopated mambos L and R	
&1 – 2	Step R next to L (&), step L a big step fw (1), step R next to L (2) – weight even	6:00
&3&4	Split knees popping them to both sides (&), bring knees together (3), Repeat splits (&4)	6:00
&5 – 6&	Turn ¼ L on R (&), rock L fw (5), recover weight back on R (6), step L next to R (&)	3:00
7 – 8&	Rock R fw (7), recover weight back on L (8), step R a small step backwards (&)	3:00
25 – 32	Cross, knee pop ½ turn R, behind side cross, L side mambo ¼ R, walk R L	
1&2	Cross L over R (1), turn ¼ R popping both knees fw (&), turn ¼ R stepping down on L (2)	9:00
3&4	Cross R behind L (3), step L to L side (&), cross R over L (4)	9:00
5&6	Rock L to L side (5), turn ¼ R recovering weight to R (&), step fw on L (6)	12:00
7 – 8	Walk R fw (7), walk L fw (8)	12:00
	<i>Begin again!..</i>	
NOTE!	<p>Phrasing explanation of the A, B and C sections: The 2nd, 3rd, 4th and 5th time you do A you change the last 4 counts (counts 29-32) from 2 half turns to a 4 count walk around ½ turn L walking R L R L. All of this means that you start your 3rd and 5th A section facing 6:00. Now section A is a 2 wall dance and as a result you always do B and C facing 12:00! ☺ ☺ ☺</p> <p>Tips: In the B section you do what Marz tells you to do... The C section always starts exactly after Marz has started singing 'She said'.</p>	