

It's Your Duty

2 walls phrased line dance
Choreographed by: Tone-Lise Inngjerdengen
Choreographed to: It's your duty by Lene Nystrøm
Sequence: AA BB C AA BB C AA BBBB

PART A

- 1 - 8** **Right slide, Step, hitch - touch and touch, Side together, side with samba move**
1 - 2 Slide R to right side, Step L next to R while hitching right knee
3 & 4 Weight on L, touch R to R side, step together with R, touch L to L
5 - 6 Long step L to left side, step R foot next to L
7 & 8 & Step L foot to L, push your ribcage forward & back, forward & back .
- 9 - 16** **Rock step, heel and step, ¼ turn left, cross and heel and cross**
1 - 2 Rock R forward, recover onto L
& 3 & 4 Step back on R, touch L heel forward, step L next to R, step R forward
5 - 6 Turn ¼ left while putting weight onto L, cross R over L
& 7 & 8 Step L to left, touch R heel forward (*body towards 10:30*), step R in place, cross L over R
- 17 - 24** **Slide R to right, Turn ¼ turn left and step L to left, Shuffle ¼ turn over left shoulder, Rock step ¼ turn right and touch right, knee in - knee out.**
1 - 2 Slide step R to right, turn ¼ left, Step L to left side
3 & 4 Turn ¼ turn over left shoulder while stepping R forward, step L together, step R forward
5 - 6 Rock step L forward, Recover onto R
& 7 & 8 Step back L, turn ¼ to right touching R foot to R, bend R knee in and out, weight onto R (*when you bend your knee out on count 8, push weight over from left to right foot*)
- 25 - 32** **Sailor step, skate, skate, pivot ½ turn left, ½ turn left step out out, heel bounce**
1 & 2 Cross L behind R, step R to right, step L to left.
3 - 4 Skate R and L
5 - 6 Step R forward turn ½ left putting weight on to L
& 7 & 8 Turn ½ left on L. Step out R and L, lift both heels up, and put weight back down.

PART B

- 1 - 8** **Walk, walk, Out - out, cross ½ turn left, hip bump twice.**
1 - 2 Walk R, L
3 - 4 Out R, Out L - (Option arm styling for girls: R arm up on count 3, L arm up on 4)
(Option for boys: Roll R shoulder back on count 3, L back on 4)
5 - 6 Cross R over L, turn ½ left
& 7 & 8 Bump hips R,L,R,L
- 9 - 16** **Walk, walk, shuffle forward, rock step with shuffle ½ turn over left shoulder**
1 - 2 Walk R, L
3 & 4 Step R forward, Step L together, Step R forward
5 - 6 Rock L forward, recover weight on to R
7 & 8 ½ turn over left shoulder while stepping L forward, together R, forward L

PART C

- 17 - 24** **Kick and step, kick and step, mambo right with shimmy, mambo left with shimmy**
1 & 2 Kick R forward, step R next to L, step forward L (bend your knees on count 2)
3 & 4 Kick R forward, step R next to L, step forward L (bend your knees on count 4)
5 & 6 Side rock R, recover onto L, step R next to L (while doing the shimmy shake)
7 & 8 Side rock L, recover onto R, touch L next to R (while doing the shimmy shake)
- 25 - 32** **Right slide diagonally back, Left slide diagonally back, paddle turn 1/1 turn left**
1 & 2 Step slide diagonally back R (4:30)
3 & 4 Step slide diagonally back L (7:30)
5 & 6 & 7 & 8 Weight on L, hitch R knee and turn ¼ left, point R toe to right, hitch R knee and bring your leg in and turn ¼ left... continue 1/1 turn until you face front wall. (*option: slow turn on last four counts in part C to hit the music*)