

Do You Love Me - The Contours

| TC | Song Part | Choreography | Reps |
|------|-----------|--|------|
| 0:00 | Intro | Squat stretch with big arms | |
| 0:16 | A | Skip with low arms into heart Skip into high arms Step touch front with arms out front | |
| 0:35 | B | Twist in middle 2x and go to side 2x with knee up | |
| 0:49 | C | Step circle with slow wine and switch directions | |
| 1:01 | D | Step touch with arms out front | |
| 1:07 | A | Skip with low arms into heart Skip into high arms Step touch front with arms out front | |
| 1:27 | B | Twist in middle 2x and go to side 2x with knee up | |
| 1:53 | C | Step circle with slow wine and switch directions | |
| 2:05 | D | Step touch with arms out front | |
| 2:12 | A | Skip with low arms into heart Skip into high arms Step touch front with arms out front | |
| 2:28 | B | Twist in middle 2x and go to side 2x with knee up | |