Get Used To It (習以為常) (zh)

Compte: 32 **Mur:** 4 **Niveau:** Intermediate
Chorégraphe: Larry Bass (USA)
Musique: Get Used to This - Cyrena

前奏： start on vocals 唱歌起跳

第一段 KICK STEP TOUCH, BUMP & BUMP &; KICK & POINT & INWARD POINT & INWARD POINT
踢踏點, 推臀 & 推臀, 踢 & 點 & 內點 & 內點

1&2 Kick Right forward, Step Right back angling body to right, Touch Left slightly in front of Right 右足前踢, 右足後踏, 左足略向右前點

3&4& Bump hips forward, back, forward, back 推臀(前, 後, 前, 後)

5&6 Kick Left forward, Step Left beside Right, Touch Right to right
左足前踢, 左足併踏, 右足右點

&7 Step Right beside Left, Touch Left to left side while turning Left knee inward 右足併踏, 左足左點(左膝蓋內轉)

&8 Step Left beside Right, Touch Right to right side while turning Right knee inward 左足併踏, 右足右點(右膝蓋內轉)

第二段 ¾ ROLLING TURN, COASTER STEP; HIP WALKS 轉3/4, 海岸步, 推臀走步

1-2 Step Right to right side while turning ¼ turn right; Turn ½ turn right while stepping Left back 右轉90度右足右踏, 右轉180度左足後踏

3&4 Step Right back, Step Left beside Right, Step Right forward
右足後踏, 左足併踏, 右足前踏

5&6 Step Left forward while bumping hips forward, back, forward
左足前踏推臀(前, 後, 前)

7&8 Step Right forward while bumping hips forward, back, forward
右足前踏推臀(前, 後, 前)

第三段 ROCK STEP, ¾ BACKWARD ROLLING TURN; SAILOR SHUFFLE, BEHIND & ACROSS
下沉踏, 後轉3/4, 水手交換步, 後 & 交叉

1-2 Step Left forward; Rock back onto Right
左足前踏, 右足後下沉

3-4 Rolling backward, turn ½ turn left & step Left forward; Turn ¼ turn left & step Right to right side 左轉180度左足前踏, 左轉90度右足右踏

5&6 Step Left behind Right, Step Right to right side, Step Left diagonally forward to left side 左足於右足後踏, 右足右踏, 左足左踏

7&8 Step Right behind Left, Step Left to left side, Step Right across Left
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

第四段 SIDE STEP, ¾ TURN, FORWARD SHUFFLE; STEP PIVOT, FORWARD SHUFFLE
側踏, 轉3/4, 前交換步, 踏轉, 前交換步

1-2 Left to left side, Turn 3/4 turn right on ball of Left while hooking Right across Left 左足左踏, 右轉270度右足於左足前勾

3&4 Shuffle forward Right, Left, Right 前交換步(右, 左, 右)

5-6 Step Left forward; Pivot ½ turn right onto Right
左足前踏, 右軸轉180度

7&8 Shuffle forward Left, Right, Left 前交換步(左, 右, 左)