

U Got It Bad

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Guillaume Richard (FR) & Romain Brasme (FR) - June 2017

Musique: U Got It Bad by Chelsea Refern (Dj Manuel Citro Bachata Remix)



Intro : 16 counts

[1-8] : Rock Step – Step – Touch – ¼ turn Jazz Box - Touch

- 1-2 Step RF forward – Recover on LF
- 3-4 Step RF backward – Touch L toe forward (hips bump)

(At wall 2 : Break – 4 counts hold)

- 5-6 Cross LF over RF – Make ¼ turn L stepping RF backward
- 7-8 Step LF to L – Touch R toe next to LF (hips bump)

[9-16] : Step Touch x 2 – Skate x2 – Triple Step

- 1-2 Step RF to R – Touch L toe next to RF (hips bump)
- 3-4 Step LF to L – Touch R toe next to LF (hips bump)
- 5-6 Skate RF to R – Skate LF to L
- 7&8 Step RF to R – Step LF next to R – Step RF to R

[17-24] : ¼ & ½ turn Step – Step Backward – Touch – ¼ turn Step x2 – Touch - Flick

- 1-2 Make ¼ turn L stepping LF forward – Make ½ turn L stepping RF backward
- 3-4 Step LF backward – Touch R toe forward (hips bump)
- 5-6 Make ¼ turn R stepping RF forward – Make ¼ turn R stepping LF backward
- 7-8 Touch R toe forward – Flick RF backward

[25-32] : Jazz Box – Step – Hold – Step – Jump

- 1-2 Cross RF over LF – Step LF backward
- 3-4 Step RF to R – Cross LF over RF
- 5-6 Step RF to R - Hold
- &7-8 Step LF next to RF – Step RF to R – Jump on place with both feet

[33-40] : Heel Grind x2 – Cross – Hold – Mambo Cross

- 1-2 Cross R heel over LF – Turn toe from L to R and step LF to L
- 3-4 Cross R heel over LF – Turn toe from L to R and step LF to L
- 5-6 Cross RF over LF – Hold
- 7&8 Step LF to L – Recover on RF – Cross LF over RF

[41-48] : Step – Cross – Step – Touch – Rolling Vine – Touch

- 1-2 Step RF to R – Cross LF over RF
- 3-4 Step RF to R – Cross L toe over RF
- 5-6 Making ¼ turn L stepping LF forward – Making ½ turn L stepping RF backward
- 7-8 Making ¼ turn L stepping LF forward – Touch RF next to LF

49-56 : Step Touch – Step Hook – ¼ turn Step Hitch x2

- 1-2 Step RF forward – Touch L toe behind RF
- 3-4 Step LF backward – Hook RF over L
- 5-6 Step RF forward – Make ¼ turn R making hitch L knee
- 7-8 Step LF forward – Make ¼ turn L making hitch R knee

[57-64] : Mambo ¼ turn Step – Mambo Step – Sway x3 - Jump

- 1&2 Step RF forward – Recover on LF – Make ¼ turn R stepping RF to R

3&4 Cross LF over RF – Recover on RF – Step LF to L
5-6 Sway to the R – Sway to the L
7-8 Sway to the R – Jump on place with both feet

Break : At wall 3, make the first 4 counts and make a 4 counts hold before you continue the dance.

TAG : At the end of wall 3, do the next section 2 times

Rock Step – Out Out :

1-2&3 Step RF forward – Recover on LF – Step RF to R – Step LF to L and open your arms, hands beside you hips

Step – Cross – Bend Over :

4-5-6 Step RF to R and put your R hand to L in front of you – Cross LF behind RF and put your L hand to R under R arm – Uncross you arms to the outside and going down

Step Sweep x 2 – Touch – ½ turn

7&8& Step LF backward and sweep RF from the front to the back – Step RF backward and sweep LF from the front to the back – Touch L toe backward – Make ½ turn L and put your weight on LF

Step Turn :

9-10 Step RF forward – Make ½ turn L and put your weight on LF

Ending : At wall 5, do the first 56 counts and walk off the floor
