

Gotta Get Thru

Compte: 80

Mur: 4

Niveau: Intermediate hip hop

Chorégraphe: Louise Walsh

Musique: Gotta Get Through This - Daniel Bedingfield



KICK BALL CHANGE, STEP TOUCH, BACK RIGHT LEFT, ½ TURN SHUFFLE

- 1&2 Kick left forward, step left together, step right in place
- 3-4 Step left forward, touch right together
- 5-6 Step right back, step left back
- 7&8 Turn ½ right and step right forward, step left together, step right forward
- 9-16 Repeat 1-8

HEEL SWITCHES, COASTER, ½ TURN

- 17&18& Touch left heel forward, step left together, touch right heel forward, step right together
- 19&20 Touch left heel forward, hitch left knee, touch left heel forward
- 21&22 Step left back, step right together, step left forward
- 23&24 Step right forward, turn ½ left (weight to left)

SHUFFLE, FULL TURN, CROSS BACK ¼ TURN, SHUFFLE

- 25&26 Step right forward, step left together, step right forward
- 27&28 Turn ½ right and step left back, turn ½ right and step right forward
- 29-30 Cross left over right, turn ¼ left and step right back
- &31-32 Step left to side, step right together, step left to side

DIAGONAL HITCH AND FLICK SHUFFLE HALF TURN

- 33-34 Cross right over left, hitch left knee
- 35-36 Step left back, flick right back
- 37&38 Cross right over left, step left to side, cross right over left
- 39&40 Rock left to side, recover to right, turn ½ right and step left diagonally forward

DIAGONAL HITCH AND FLICK SHUFFLE HALF TURN

- 41-42 Cross right over left, hitch left knee
- 42-43 Step left back, flick right back
- 44&45 Cross right over left, step left to side, cross right over left
- 47&48 Rock left to side, recover to right, cross left over right (12:00)

SYNCOPATED ½ TURN SIDE SHUFFLES ROCK BACK

- 49-50 Touch right to side, turn ½ right and step right together
- 51-52 Touch left to side, step left together
- 53&54 Step right to side, step left together, step right to side
- 55-56 Rock left behind right, recover to right

SHUFFLE ROCK BACK, BEND DOWN AND UP AND HALF TURN HITCH

- 57&58 Step left to side, step right together, step left to side
- 59-60 Cross/rock right behind left, recover to left
- 61-62 Step right to side, lift left heel
- 63-64 Step left to side, hitch right knee

HIP BUMPS COASTER STEP, TOE POINTS

- 65&66 Turn ½ left and step right back, bump hips right, bump hips right
- 67&68 Step left back, step right together, step left forward

69-70 Touch right to side, cross right over left
71-72 Touch left to side, cross left over right

SYNCOPATED LOCK STEPS & ¼ TURNS

73&74 Step right forward, lock left behind right, step right forward, lock left behind right
75&76 Step left forward, lock right behind left, step forward, lock right behind left

77-78 Turn ¼ right and step right forward, turn ¼ right and step left to side
79-80 Turn ¼ right and step right back, step left to side

REPEAT

ENDING:

1-2 Step left to side, step right together
