

Get Stupid

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Get Stupid - Aston Merrygold



Intro: 4 counts from first beat in music (app. 3 sec. into track)

[1 – 9] □ Step fwd, Rock & Cross, ¼ turn L, ½ turn L, ¾ paddle turn, Cross & Heel □

1 – 2&3 Step R forward (1), Rock L to L side (2), Recover on R (&), Cross L over R (3) □ 12:00
4 – 5 ¼ turn L stepping R back (4), ½ turn L stepping L forward (5) □ 3:00
6 – 7 ¼ turn L touching R to R side (6), ½ turn L touching R to R side (7) □ 6:00
8&1 Cross R over L (8), Step L to L side (&), Touch R heel in R diagonal (1) □ 6:00

[10 – 16] □ Hold, Ball Cross, Step R, Cross behind with Sweep, Syncopated Weave, Unwind ½ turn L □

2&3 – 4 Hold (2), Step on ball of R next to L, (&), Cross L over R (3), Step R to R side (4) □ 6:00
5 Cross L behind R & Sweep R from front to back (5) □ 6:00
6&7 Cross R behind L (6), Step L to L side (&), Cross R over L (7) □ 6:00
8 Unwind ½ turn L weight ends on L (8) □ 12:00

[17 – 24] □ Heel strut with shoulder pops, Slide L, Heel strut with shoulder pops, Slide L □

1&2 Right heel forward & Pop L shoulder up (1), Pop R shoulder up (&), Step on R & Pop L shoulder up (2) □ 12:00
3 – 4 Big step L to L side (3), Collect R towards L (4) □ 12:00
5&6 Right heel forward & Pop L shoulder up (5), Pop R shoulder up (&), Step on R & Pop L shoulder up (6) □ 12:00
7 – 8 Big step L to L side (7), Collect R towards L (8) □ 12:00

[25 – 32] □ Step fwd, ¼ turn L, Syncopated ¼ turn R Jazzbox, Out & Out on Heel, ¼ turn R, In & In, Out & Out on Heel, In & In □

1 Step R forward & start turning a ¼ turn L (1) □ 9:00
2&3&4 Recover weight on L, (2), Cross R over L, (&), Step L back (3), ¼ turn R stepping R to R side (&), Cross L over R (4) □ 12:00
&5&6 Step diagonally out on R heel (&), Step diagonally out on L heel (5), ¼ turn R & step R in (&), Step L in (5) □ 3:00
&7&8 Step diagonally out on R heel (&), Step diagonally out on L heel (7), Step R in (&), Step L in (5) □ 3:00

Happy Face & Begin Again! □

Tag: □ After the 2nd & 6th wall. After the 9th wall will be the same tag with extra 4 counts at the end

[1 – 8] □ 3x Hip bumps R, Kick & Point, 3x Hip bumps L, Kick & Point □

1 – 4 Bump the R hip to R side 3 times weight ends on R (1,2,3), Kick L to L side & stretch right arm pointing to R diagonal up (4)
5 – 8 Bump the L hip to L side 3 times weight ends on L (5,6,7), Kick R to R side & stretch left arm pointing to L diagonal up (8)

[9 – 12] □ Walk R L, Drop on R, Recover, Stomp Together, Arm movement □

1 – 4 Step R forward (1), Step L forward (2), Step R forward dropping down (3), Recover on L (&), Stomp R next to L, but keep you weight on L (throw arms forward) (4)

Extra: □ Only after the 9th wall. Run full circle L, Jump, Arm movement □

5&6&7&8 Run a full circle L starting L (5), R (&), L (6), R (&), L (7), Jump together & (throw arms forward) (8)

