

Get Ugly

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Jonno Liberman (USA) - June 2015
音乐: Get Ugly - Jason Derulo



Dance begins after 16 counts.

[1-8] Sway Hips x3, Step L Together, Step Right, 1/4 Sailor Step with Sweep, Press, Hitch (9:00)

1, 2 Sway hips to right, Sway hips to left
3&4 Sway hips to right, Step L next to R, Step R to right
5&6 Cross L behind R, Turn 1/8 left as you step R next to L, Turn 1/8 left as you step L forward (9:00)
7, 8 Press R forward, Hitch R

[9-16] Triple Back with Hitch x2, Rock, Recover, Step, Spin*, Step (9:00)

1&2 Step R back, Step L together, Step R back as you hitch L
3&4 Step L back, Step R together, Step L back as you hitch R
5, 6&-7 Step R back, Return weight forward to L, Step R forward and spin* left 1 rotation on R
8 (after spinning during counts &7) Step L forward (9:00)

[17-24] Front Mambo, Back Mambo 1/4, Toe Switches x3, Spin* (6:00)

1&2 Rock R forward, Recover back onto L, Step R back
3&4 Rock L back, Recover forward onto R, Turn 1/4 left as you cross L over R (6:00)
5&6& Touch R to right side, Step R next to L, Touch L to left side, Step L next to R
7, 8 *Touch* R to right side (see notes), Spin* right 1 rotation on L (6:00)

[25-32] Step Out, Hold, Body Roll to Left, Walk x2, 1/2 Turn x2, Step Out (6:00)

1, 2 Step R out to R (6:00), Hold
3-4 Body Roll to Left: Start with shoulders and move down toward hips
5, 6& Step R forward, Step L forward and prep body to right, Turn 1/2 left stepping back on R (12:00)
&8 Turn 1/2 left stepping forward on left (6:00), Step R out to right

TAG: On Wall 10, dance first 18 counts then...

[1-2] Step Back, Step 1/4, Together

1, 2& Step L back, Turn 1/4 right as you step R right, Step L together
1 ... Step R out as you begin the dance again with hip sways.

RESTART: On Wall 4, dance the first 8 counts and then turn 1/4 right as you begin again facing (6:00)

NOTES: Begin dance with feet shoulder width apart.

***Touch*-Press during this toe touch, giving it a bit of weight, to help prep for the spin on the next count.**

SPINS- Options if you decide not to spin...because you don't want to show off ;)

For the spin in the second count of eight, simply replace spin with a step forward.

For the spin in the third count of eight, simply replace the spin with a R hitch.

Get into the music. Get into the dance. GET UGLY.

Dance Your Yaaas Off
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