

Get Us In Trouble

拍数: 64 墙数: 2 级数: Improver
编舞者: Mike Stringer (UK) - July 2016
音乐: Get Us in Trouble - Milton Patton



#32 Count intro (from heavy beat, start on the word toes..... Sand in between your toes)

SECTION 1: SIDE ROCK, CROSS SHUFFLE, ½ HUNGE TURN, SHUFFLE FORWARD

- 1-2. Rock right to right side, Recover onto left
- 3&4. Crossing Right over left, step left to left side, cross right over left (12:00)
- 5-6. Turn ¼ over right stepping left back, turn ¼ l've right stepping right forward
- 7&8. Step left forward, step right together, step left forward (6:00)

SECTION 2: FORWARD ROCK, AND JUMP BACK, HOLD/CLAP, HIP BUMPS

- 1-2. Rock right forward, recover onto left
- &3-4. Jump slightly back right, left (shoulder width apart), hold/clap (6:00)
- 5-6. Bump hips left twice
- 7-8. Bump hips right twice (6:00)

SECTION 3: ROCKING CHAIR, ¼ TURN, SWIVEL TOGETHER

- 1-2. Rock left forward, recover onto right
- 3-4. Rock left back, recover onto right (6:00)
- 5-6. Step left to left side making ¼ turn over right, swivel right heel towards left
- 7-8. Swivel right toes towards left, swivel right heel in place (9:00)

SECTION 4: ROLLING VINE, ROLLING VINE

- 1-2. ¼ turn right stepping right forward, ½ turn right stepping left back
- 3-4. ¼ turn right stepping right to right side, touch left in place (9:00)
- 5-6. ¼ turn left stepping left forward, ½ turn left stepping right back
- 7-8. ¼ turn left stepping left to left side, touch right in place (9:00)

RESTART WALL 5 (See description below)

SECTION 5: WALK FORWARD, KICK, WALK BACK ¼ TURN, TOUCH

- 1-2. Walk forward on right, walk forward on left
- 3-4. Walk forward on right, kick forward left (9:00)
- 5-6. Walk back on left, walk back on right
- 7-8. ¼ turn left stepping left to left side, touch right in place (6:00)

SECTION 6: VINE, SIDE BEHIND, SHUFFLE ¼ TURN

- 1-2. Step right to right side, step left behind right
- 3-4. Step right to right side, touch left next to right (6:00)
- 5-6. Step left to left side, step right behind left
- 7&8. Turn ¼ left stepping left forward, step right next to left, step left forward (3:00)

SECTION 7: ROCKING CHAIR, ½ PIVOT, ¼ PIVOT

- 1-2. Rock forward right, recover onto left
- 3-4. Rock back right, recover onto left (3:00)
- 5-6. Step forward right, turn ½ over left, putting weight onto left
- 7-8. Step forward right, turn ¼ over left, putting weight onto left

SECTION 8: JAZZ BOX, SIDE STEP SWIVEL TOGETHER

- 1-2. Cross right over left, step left back
- 3-4. Step right to right side, cross left over right (6:00)

- 5-6. Step right to right side, swivel left heel to right
7-8. Swivel left toes to right, swivel left heel in place (6:00)

Begin again, smile and enjoy

RESTART: Wall 5

Dance upto and including the right rolling vine (section 4, count 4)

Then replace the last 2 counts of the left vine with a step back, touch

So section 4 count 5-8

5-6. $\frac{1}{4}$ turn left stepping forward left, $\frac{1}{2}$ turn left stepping back right

7-8. Step back left, touch right in place.

Restart dance from beginning facing 12:00

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