

You Gotta Not

拍数: 64 墙数: 2 级数: Phrased Intermediate
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音乐: You Gotta Not - Little Mix : (CD: Glory Days - DeLuxe Edition 2016 - iTunes &
other mp3 sites - 3:11)



Introduction: 8 counts, start on approx 05 sec.

Sequences: A, A, B, Tag, A, B, B 24, Restart (12 o'clock), A 16, Restart to (6 o'clock), B, B, Ending.

Pattern A: 32 counts

A I. 1-8 Side, Behind, Knee Lift R, Replace, Side, Behind, Knee Lift R, Out, Out, Heel & Heel &, Cross, Side.

1-2& Step R to R, Step L behind R and lift R knee up, Step R back in place slightly to R.

3&4 Step L behind R and lift R knee up, Step R out to R, Step out to L.

5&6& Swivel R heel in, Replace, Swivel L heel in, Replace putting weight onto L.

7-8 Step R across L, Step L to L.

A II. 9-16: Heel ball Step, Hold, Heel Bounces with ¼ Turn R, Back Rock & Step, Step, Swiveling Heels with ½ turn R.

1&2 Touch R heel crossed over L forward, Step R back in place on ball, Step L to L forward (10.30)

3&4 Hold making ¼ turn R (3) while you bouncing both heels up and down taking weight onto L.

5&6 Step R back, Recover back onto L, Step R forward.

7&8 Step L forward, Making ½ turn R (9) swivel R heel in, swivel L heel out putting weight onto L

(NB; 2nd Restart here in WALL 7 after 16 counts, but in above count 7&8 don't turn a half R, but you make a quarter turn R to (12) with the heel swivels.

A III. 17-24: 2x Walks Back R, L, Coaster Step R, Flick Step L, Flick Step R, Fwd Rock / Recover, Sweep L.

1-2 Walk R back, Walk L back.

3&4 Step R back, Step L beside R, Step R forward.

&5&6 Flick L heel up, Step L forward, Flick R heel up, Step R forward.

7-8 Step L forward, Recover back onto R and sweep L from front to back.

A IV. 25-32: Recover, Sweep R, Back, Sweep L, ¼ Turn L, Rock Steps in Place, Slide with Touch.

1-2 Recover back onto L and sweep R from front to back, Step R slightly back and sweep L from front to back.

3-4 Point L backwards, Step on L to L making ¼ Turn L. (6:00)

5&6 R Recover, L Recover, R Recover

7-8 Step L to L and drag R toward L weight onto L, Touch R next to L.

Pattern B: 32 counts

B I. 1-8: Weave L, Hitch, Behind, ¼ Turn R, Side, ¼ Turn R, Side, Weave L, Side, Touch Together, Point.

1&2 Step R slightly forward across L, Step L to L, Step R back and hitch L knee up.

3&4 Step L behind R, Making ¼ turn R and step R to R, Making ¼ turn R and step L to L.

5&6 Step R behind L, Step L to L, Step R across L.

7-8& Step L to L, Touch R beside L, Point R out to R.

B II. 9-16: Weave L, Hitch, Behind, ¼ Turn R, Side, ¼ Turn R, Side, Weave L, Side, Touch Together, Point.

1&2 Step R slightly forward across L, Step L to L, Step R back and hitch L knee up.

3&4 Step L behind R, Making ¼ turn R and step R to R, Making ¼ turn R and step L to L.

5&6 Step R behind L, Step L to L, Step R across L.

7-8& Step L to L, Touch R beside L, Point R out to R.

B III. 17-24: Samba Step Across, Samba Step Across with ½ Turn L, Syncopated Mambo Steps R, L.

- 1&2 Cross R over L, Step L to L, Step R slightly diagonally forward.
3&4 Step L across R, Making ¼ turn L and step R back, Making ¼ turn L and step L to L.
5&6 Step R across forward L, Recover back onto L, Step R to R.
7&8 Step L across forward R, Recover back onto R, Step L to L.

(NB; Restart here in WALL 6 after 24 counts, after start again (12 o'clock).

B IV. 25-32: Samba Step Across, Samba Step Across with ½ Turn L, Syncopated Mambo Steps R, L.

- 1&2 Cross R over L, Step L to L, Step R slightly diagonally forward.
3&4 Step L across R, Making ¼ turn L and step R back, Making ¼ turn L and step L to L.
5&6 Step R across forward L, Recover back onto L, Step R to R.
7&8 Step L across forward R, Recover back onto R, Step L to L.

(NB; Tag here in WALL 3 after 32 counts, after start again (12 o'clock).

TAG:

- 1-2 Step R back in place bump R hip R, Hold
3&4 Recover onto L and bump L hip to L, Recover onto R and bump R hip to R, Recover onto L and bump L hip to L.

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