

I Got This

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Antonella Fedi (IT) - December 2017
音乐: I Got This - Jerrod Niemann



Intro - Begin on lyrics

STOMP, GRIND, SHUFFLE LEFT, ROCK BACK, FULL TURN

1-2 Step right side (toe turned in), turn 1/2 right (weight to right, turning on right heel)
3&4 Chassé side left-right-left
5-6 Turn 1/4 right and rock right back, recover to left
7-8 Turn 1/2 left and step right back, turn 1/2 left and step left forward

STEP, TURN, SHUFFLE FORWARD, STEP, TURN, SHUFFLE TURN

1-2 Step right forward, turn 1/2 left (weight to left)
3&4 Chassé forward right-left-right
5-6 Step left forward, turn 1/2 right (weight to right)
7&8 Chassé forward left-right-left turning 1/2 right

BACK, BACK, VAUDEVILLE, VAUDEVILLE, TOE, HEEL

1-2 Step right back, step left side
3&4& Cross right over, step left side, touch right heel diagonally forward, step right together
5&6& Cross left over, step right side, touch left heel diagonally forward, step left together
7&8& Touch right back, step right together, touch left heel forward, step left together

CROSS AND TURN, CROSS, STEP, TOE, TURN, TOE, TURN

1&2 Cross right over, turn 1/4 right and step left diagonally back, step right diagonally back
3-4 Cross left over, turn 1/4 left and step right back
5-6 Touch left back, turn 1/2 left (weight to left)
7-8 Step right toe forward, turn 1/2 left and lower right heel

On wall 5, change 7-8 to step right forward, turn 3/4 left (weight to left), then restart the dance at the beginning

COASTER STEP, KICK BALL CHANGE, ROCK STEP, COASTER STEP

1&2 Left coaster step
3&4 Right kick ball change
5-6 Rock right diagonally forward, recover to left
7&8 Right coaster step

ROCK STEP, SAILOR STEP, STEP, TURN, SIDE ROCK

1-2 Rock left diagonally forward, recover to right
3&4 Left sailor step turning 1/4 left
5-6 Step right forward, turn 1/2 left (weight to left)
7-8 Rock right diagonally back (option: kick left forward), recover to left (jumping)

REPEAT

TAG & RESTART

On wall 5, change 31-32 to step right forward, turn 3/4 left (weight to left), then restart the dance at the beginning.

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Last Update – 10th Jan. 2018

