

I Got This

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Betty Moses (USA) - April 2018
音乐: I Got This - Jerrod Niemann



Intro: 16 Counts

S1: Step Back, Draw, Coaster Step, Pivot ¼ Turn (2Xs)

1-2 Step back on R, Draw L back toward R
3&4 Step back on L, Step R next to L, Step L forward
5-6 Step R forward, Pivot ¼ left [9:00]
7-8 Step R forward, Pivot ¼ left [6:00]

S2: Cross/Side, Sailor Step, Cross/Side Sailor ¼ Turn

1-2 Step R over L
3&4 Right sailor step
5-6 Step L over R
7&8 Left sailor ¼ turn [3:00]

S3: Walk Forward R-L, Triple Forward, Rock Forward/Recover, ½ Turning Triple

1-2 Step forward on R, Step forward on L
3&4 Triple forward R-L-R
5-6 Rock Forward on L, Recover weight on R
7&8 Triple ½ turn over left shoulder L-R-L [9:00]

*****Wall 5: Tag & Restart*****

S4: Vine, Pivot ½ Turn, ½ Turn, ½ Turning Triple

1-3 Step R to side turning ¼ left, Step L behind R, Step R forward turning ¼ right [9:00]
4-5 Pivot ½ right [3:00]
6 Step back on L turn ½ right [9:00]
7&8 Triples step turning ½ over right shoulder R-L-R [3:00]

S5: Rock Forward/Recover, Out-Out, Knee Pop, ¼ Turn Jazz Box/Cross Over

1-2 Rock forward on L, Recover weight on R
&3&4 Step back on L, Step back & out on R, Raise heels/pop knees, Recover weight on L
5-8 Cross R over L, Step back on L turning right, Step R to side, Cross L over R [6:00]

S6: Syncopate Weave, Side Rock/Recover/Cross, Side Rock/Recover, Step Back

1-2&3 Step R to side, Step L behind R, Step R to side, Cross L over R
4&5 Rock R to side, Recover weight on L, Cross R over L
6-7 Rock L to side (Sway hips left), Recover weight on R (Sway hips right)
8 Step back on L

*Wall 5: Tag & Restart

Dance the first 24 counts of the Dance

*8 Count Tag: Jazz box ¼ right (12:00), V Step

Restart the dance facing 12:00