

Go With It

拍数: 88 墙数: 1 级数: Phrased High Beginner
编舞者: Julie Flynn - April 2018
音乐: Go With It (feat. Chris Carmack, Jonathan Jackson, Sam Palladio & Rainee Blake) - Nashville Cast



Intro – 16 counts from 1st downbeat. Do 4 slow rocking chairs as warmup during those 16 counts

Sequence: A, A (6:00)*, B, B (12:00), Heel Section (12:00), Just Weaves Tag (9:00),

A (6:00), B, B (12:00), Heel Section (12:00), Bridge (12:00),
B, B (6:00), Short Heel Section (12:00) .*

* (Clock Numbers indicate the wall where you end after each section.)

Notes: The Bridge, Just Weaves Tag, and Short Heel Section are done just once.
All turns are to the left, as you continually do full circles back to the 12:00 wall.

Section A - 16 counts

A1: Scissors x 4 moving only slightly forward, Right Weave, Left Weave with ¼ turn left

1&2 Step RF to R, step L next to R, cross R over L
3&4 Step LF to L, Step R next to L, cross L over R
5&6 Step RF to R, step L next to R, cross R over L
7&8 Step LF to R, Step R next to L, cross L over R

A2: Right 8-step Weave, Left 8-step Weave with ¼ turn left

1&2&3&4& Step RF to R, L behind, R to side, cross L over R, R to side, L behind, R to side, L touch
5&6&7&8& Step LF to L, R behind, L to side, cross R over L, L to side, R behind, L turn ¼ left & R touch

Section B - 16 counts

B 1: Rock, Recover, Crossing Triple

1, 2 Rock Right, Recover on L
3&4 Cross R over L, Step L, Cross R over L
5, 6 Rock Left, Recover on R
7&8 Cross L over R, Step R, Cross L over R

B 2: Rhumba Box forward, Rhumba Box Back with ¼ turn to the left

1&2& Step R to right, Step L together with R, Step R forward, Hold
3&4& Step L to left, Step R together with L, Step L back, Hold
5&6& Step R to right, Step L together with R, Step R back, Hold
7&8& Step L to left, R together with L, Step L ¼ left, Hold

Just Weaves Tag – 8 counts – do just once

Do two 8-step Weaves, turning ¼ left on the second weave (9:00)
(See Section A for more detailed description)

Heel Section – 16 counts

Four Heel taps, 3-step ¼ turn left

1&2& 4 Heel Taps on R Heel
3&4& Step back R, Step L ¼ left, Step R next to L, Hold
5&6& 4 Heel Taps on L
7&8& Step back L, Step R ¼ left, Step L next to R, Hold

(9-16): Repeat previous 8 steps to circle back to front (12:00) wall

Bridge - 32 counts, do just once

Two Rocking chairs, Four Heel Tap Turns, Two Rocking Chairs, Four Scissors

1-4 Rock Forward on R, Recover on L, Rock Back on R, Recover on L

5-8 Repeat previous 4 steps

1&2& 2 R Heel Taps, Step R back turning $\frac{1}{4}$ to left, Hold

3&4& 2 L Heel Taps, Step L back, turning $\frac{1}{4}$ to left, Hold

5-8 Repeat previous 8 steps, to circle back to front (12:00) wall

1-8 2 Rocking chairs (see description above)

1-8 4 scissors steps (described in Part A) moving only slightly forward

Short Heel Section – 16 counts, do just once:

(1-16): Do Heel Section through count 8. On 3rd "heel" don't turn, and on 4th "heel" just tap L heel, step L back for counts 5 and 6 (take weight), and then "roll"....to keep it "Rolling" to finish 16 counts.

You will end on the Front (12:00) Wall

Enjoy!

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