

Get You Some

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Dee Musk (UK) - July 2019
音乐: Get You Some (feat. Brit Lauren) - Captain Planet : (Album: Cookin' Gumbo)



#32 Count Intro. Approx 20 secs – Start on Vocals. Track approx 4 mins.

Track available from [iTunes.co.uk](https://www.apple.com/itunes)

R Samba, L Samba, $\frac{3}{4}$ Volta Step Turn R.

1&2 Cross R over L, rock L to L side, recover weight to R.
3&4 Cross L over R, rock R to R side, recover weight to L.
5&6& Beginning a $\frac{3}{4}$ turn R in a circular motion, step R,L,R,L.
7&8 Complete the $\frac{3}{4}$ circular turn R, stepping R,L,R. (9 o'clock).

Cross, Side, Heel, Ball, Touch, Ball, Heel, Ball, Cross, Side, Heel, Ball, Cross, Side, Together.

1&2& Cross L over R, step R to R side, L heel to L diagonal, step L beside R.
3&4 Touch R beside L, step down on R, L heel to L diagonal.
&5&6 Step L beside R, cross R over L, step L to L side, R heel to R diagonal
&7&8 Step R beside L, cross L over R, step R to R side, step L beside R. (9 o'clock).

Fallaway $\frac{1}{2}$ Samba Turn L, Coaster Cross, Side, Behind, Side, Cross.

1&2 Step back on R turning L, facing 7.30 rock L to L side, recover weight to R facing 6 o'clock.
3&4 Step forward on L turning L, facing 4.30 rock R to R side, recover weight to L facing 3 o'clock.
5&6 Step back on R, close L beside R, cross R over L.
&7&8 Step L to L side, cross step R behind L, step L to L side, cross R over L. (3 o'clock).

L Side, Back, Rock, R Side, Back, Rock, Side, Touch, Side, Touch, Chasse $\frac{1}{4}$ Turn L with Sweep.

1,2& Step L to L side, cross rock R behind L, recover weight to L.
3,4& Step R to R side, cross rock L behind R, recover weight to R.
5&6& Step L to L side, touch R beside L, step R to R side, touch L beside R.
7&8 Step L to L side, close R beside L, make $\frac{1}{4}$ turn L stepping forward on L sweeping R to in front of L. (12 o'clock).

****Restart 2** During wall 5, begin again facing 6 o'clock.**

Cross, Rock, Side, Rock, Behind, Side, Cross, Side Rock, Recover, Cross, Side, Behind, Side, Cross

1&2& Cross rock R over L, recover weight to L, rock R to R side, recover weight to L.
3&4 Cross step R behind L, step L to L side, cross R over L.
5&6& Rock L to L side, recover weight to R, cross L over R, step R to R side.
7&8 Cross step L behind R, step R to R side, cross L over R. (12 o'clock).

$\frac{1}{2}$ Turn R, Crossing Shuffle, $\frac{1}{2}$ Turn L, Crossing Shuffle, Side, Rock, Behind. Sweep, Sailor Step.

1&2 On ball of L make $\frac{1}{2}$ turn R crossing R over L, step L to L side, cross R over L.
3&4 On ball of R make $\frac{1}{2}$ turn L crossing L over R, step R to R side, cross L over R.
5&6 Rock R to R side, recover weight to L, cross step R behind L sweeping L to behind R.
7&8 Step L behind R, step R to R side, step L to L side. (12 o'clock).

****Restart 1** During wall 2, begin again facing 6 o'clock.**

Run R, L, R, Rocking Chair, Rumba Box Forward, Rumba Box Back.

1&2 Run forward stepping R, L, R.
3&4& Rock forward on L, recover weight to R, rock back on L, recover weight to R.
5&6 Step L to L side, close R beside L, step forward on L.
7&8 Step R to R side, close L beside R, step back on R (12 o'clock).

Lock Step Back, Triple ½ Turn R, Step Reverse ½ Turn L, Triple ½ Turn L.

1&2 Step back on L, cross R over L, step back on L.

3&4 Make ½ triple turn R stepping R, L, R.

5,6 Step forward on L, make a reverse ½ turn L stepping back on R.

7&8 Make ½ triple turn L stepping L, R, L. (6 o'clock).

Restart 1 during wall 2 – dance to count 48 – begin again facing 6 o'clock.

Restart 2 during wall 5 – dance to count 32 – begin again facing 6 o'clock.

Have fun

Contact: deedeemus@gmail.com ~ Dee – 07814 295470.
