

# 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**

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