

I Get Goosebumps

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Goosebumps - Meghan Trainor



#16 count intro

[1-8] Touch R, Full Spin, Rock L, Back Cross x2, Hip Bump, Step

- 1 touch R toe to R
2 step RF next to LF while making a full spin over right shoulder
(Optionally, if you don't turn you can just step RF in)
3& rock LF out L, recover on RF
4&5& step LF behind RF raising R knee slightly, step out RF, step LF behind RF raising R knee slightly, step out RF
6&7 Step out LF keeping weight on the R, bump hips up to the L, sit hips back down to the R
8 make a ¼ turn L stepping on LF

[9-16] Scuff-Step ¼ Turn L, Back Cross Rock, Recover, Side, ¼ Turn Sailor Step, Full Spin Triple

- 1 2 scuff RF turning ¼ L, step RF out
3&4 rock LF behind RF, recover RF, step out L
5&6 step RF behind LF, make a ¼ turn R stepping on LF, step forward RF
7&8 make ¼ turn R stepping on LF, make ½ turn R stepping on RF, finish with ¼ turn R stepping on LF

[17-24] Rock-Recover-Turn, Weave, Step-Touch x2, Heels Out-Out, In-In

- 1&2 rock forward on RF, recover on LF, step back R while turning ¼ R
3&4 step LF behind RF, step out RF, cross LF over RF
5& step RF out, touch LF next to RF
6& step LF out, touch RF next to LF
7& step out and forward onto R heel, step out L heel
8& step RF back to center, step LF next to RF

[25-32] Step, Heel Twist, Turn, Heel Twist, Turn, Together, Shimmy

- 1&2 step forward RF, twist heels right while hitching L, step back on LF while twisting heels center
3&4 turn ¼ R and step forward RF, twist heels right while hitching L, recover on LF +twist heels center
5 6 turn ½ R and step forward RF, bring LF together
7-8 shimmy shoulders (Styling tip: shake like you got goosebumps)

Restart 16 counts into wall 4

Change the full spin triple to a forward triple step for stability

- 7&8 step forward LF, step RF together, step forward LF

Tag: 16 counts into wall 10 (Tempo change)

[1-12] R Hand Out, L Hand Out, Hands In, Rotate Upper Body, Shimmy

- 1-2 Plant RF and Extend R arm down while looking at R arm
3-4 Extend L arm down while looking at L arm
5 6 place R hand on heart, place L hand on heart
7-10 keep hands on chest and bring upper body around in a CW circle
11-12 shimmy shoulders (same styling)