

I Got You

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Laurie Jordan (USA) - October 2020
音乐: I Got You - Michael Franti & Spearhead : (3:36)



Available on Apple Music, iTunes, Amazon

Stream "I Got You": <https://orcd.co/work-hard-and-be-nice>

Start the dance after 16 beats (or "on vocals")

(1-8) Point side, step across, moving forward 2X, then backwards 2X

- 1-2 Right foot points to the side then cross and step over left, moving forward
- 3-4 Left foot points to the side then cross and step over right, moving forward
- 5-6 Right foot points to the side then steps behind the left, moving backward
- 7-8 Left foot points to the side then steps behind the right, moving backward.

(Can be done as 4 scissor steps or side mambo-cross steps. If doing the scissor or side mambo steps, counts are 1&2, 3&4, 5&6, 7&8).

(9-16) Wizard Step 2X, Heel Jacks 2X, Toe Stomps 2X

- 1-2 &, 3-4 & Step forward on the right foot on count 1, bring the left foot up behind the heel of the right foot with a weight change on count 2, step forward again on the right foot on count "and". Repeat starting left. Weight will end on left foot. (Or step, lock, and, step, lock, and)
- 5 & 6 & 7 & 8 & Right foot - heel step, Left foot - heel step, Right toe step, Left toe step. (Knees can knock in towards center on each toe step). Weight will end on left foot.

(17-24) Sways with side shuffles 2X

- 1-2, 3 & 4 Sway right, sway left, then shuffle to the right
- 5-6, 7 & 8 Sway left, sway right, then shuffle to the left

(You can do hip bumps as you sway and shuffle)

(25-32) Jazz Box 2X

- 1-4 Right foot crosses over the left, step back with the left, step right to the side, step left beside right.
- 5-8 Do again starting with left foot and 1/4 turn to the right, for the new wall.

(You can shimmy while doing the jazz box steps).

No tags or restarts.