

Get On

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Get On - Hurriganes : (CD: Hurriganes - 25 Golden Greats)



Starting point: At vocals, at about 00:06 (after 8 counts).

SHUFFLE RIGHT, ROCK STEP, SHUFFLE LEFT, ROCK STEP

1&2 Step right to side, step left next to right, step right to side
3-4 Rock left back, recover weight back to right
5&6 Step left to side, step right next to left, step left to side
7-8 Rock right back, recover weight back to left

1/4 LEFT TURNING KICK BALL CHANGES X 4

1&2 Kick right foot forward while turning 1/4 to left, step right next to left, step left next to right
3&4 Kick right foot forward while turning 1/4 to left, step right next to left, step left next to right
5&6 Kick right foot forward while turning 1/4 to left, step right next to left, step left next to right
7&8 Kick right foot forward while turning 1/4 to left, step right next to left, step left next to right
(now facing 12:00)

SHUFFLE RIGHT, ROCK STEP, BIG STEP LEFT DIAGONAL, SLIDE TOGETHER

1&2 Step right to side, step left next to right, step right to side
3-4 Rock left back, recover weight back to right
5 Take a big step to left diagonal
6-8 Slide right next to left (weight remains on left)

SHORTY GEORGES

1&2 Kick right to side, step right next to left, step left forward (bending knees to left)
3-4 Step right forward (bending knees to right), step left forward (bending knees to left)
5&6 Kick right to side, step right next to left, step left forward (bending knees to left)
7-8 Step right forward (bending knees to right), step left forward (bending knees to left)

1/2 LEFT TURNING ROCKING CHAIR PATTERN

1-2 Rock right heel forward and turn 1/4 to left, recover weight back to left (now facing 9:00)
3-4 Rock right toe back, recover weight back to left
5-6 Rock right heel forward and turn 1/4 to left, recover weight back to left (now facing 6:00)
7-8 Rock right toe back, recover weight back to left

SHUFFLE FORWARD, FULL TURN, 1/4 RIGHT TURNING SHUFFLE, ROCK STEP

1&2 Step right forward, step left next to right, step right forward
3-4 Step left forward, turn a full turn to right (weight ends up on right) (now facing 6:00)
5&6 Turn 1/4 to right and step left to side, step right next to left, step left to side (now facing 9:00)
7-8 Rock right back, recover weight back to left

REPEAT