

Feel The Bass

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Cameron Stuart (USA) - January 2023
音乐: Get Up (Rattle) (feat. Far East Movement) - Bingo Players



Intro: 32 Counts - 2 Restarts

Restart 1: Wall 4 After 16 Counts

Restart 2: Wall 6 After 24 Counts

[1-8]: SYNCOPATED VINE, CROSS TRIPLE STEP, ROCK RECOVER, 3/4 TURN TRIPLE STEP

1-2& 1)Step R to R side, 2)Cross L behind R, &)Step R to R side
3&4 3)Cross L over R, &)Step R to right, 4)Cross L over R
5-6 5)Rock R to right side, 6)Recover on L
7&8 7)1/2 turn right stepping on R, &)Step L together, 8)1/4 turn right stepping on R

[9-16]: 1/2 PIVOT, TRIPLE STEP, KICK-STEP-CROSS-DRAG

1-2 1)Step forward on L, 2)1/2 turn right switching weight to R
3&4 3)Step forward on L, &)Step together on R, 4)Step forward on L
5&6& 5)Kick R forward, &)Step on R, 6)Cross L over R, &)Step R to R side
7-8 7)Drag L in towards R, 8)Touch L next to R

[17-24]: 1/2 TURN WITH HIP BUMPS X2, CROSS, SIDE, SAILOR STEP

1&2 1)1/2 turn L stepping on L while bumping hips L, &)Bump hips R, 2)Bump hips L (Weight to L)
3&4 3)1/2 turn L stepping on R while bumping hips R, &)Bump hips L, 4)Bump hips R (Weight to R)
5-6 5)Cross L over R, 6) Step R to right side
7&8 7)Step L behind R, &)Step R to right side, 8)Step L to left side

[25-32]: KICK AND POINT X2, OUT-OUT-IN-CROSS, 1/2 TURN UNWIND (2 COUNTS)

1&2 1)Kick R forward, &)Step ball of R beside L, 2)Point L to L side
3&4 3)Kick L forward, &)Step ball of L beside R, 4)Point R to R side
5&6& 5)Step out with R, &)Step out with L, 6)Step in with R, &)Cross L behind R
7-8 7)1/4 unwind left, 8)1/4 unwind left placing weight on L
