

I Got You

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Low Intermediate
编舞者: Cindy (KOR) & BeBe (KOR) - December 2024
音乐: I Got You (I Feel Good) - James Brown



Intro – : Start at approx 2 secs

Sequence : A, A, B, A, B, A, A, A#, A#, A#

A : 48 Count

B : 48 Count

A# : Part A SEC 5,6 REPEAT

PART A : 48 COUNT

Sec 1 : Side, cross, sweep, cross, side, cross, stomp(step)

a1 Step Lf to L side, cross Rf over Lf
2 – 4 Sweep Lf to front for 3 counts
5 – 6 Cross Lf over Rf, step Rf to R side
7 – 8 Cross Lf over Rf, stomp Rf

Sec 2 : Heel out, toe out, heel out, hold, heel in, toe in, heel in, hold

1 - 2 Heel out Rf, toe out Rf
3 - 4 Heel out Rf, hold
5 – 6 Heel in Rf, toe in Rf
7 – 8 Heel in Rf, hold

Sec 3 : Heel grind 1/4R, Lf back, back with hitch,fwd,1/4L side,touch,side,touch

1 - 2 Heel grind Rf 1/4R, Lf back
3 - 4 Rf back wif Lf hitch
a5 - 6 1/4L step Lf side, touch Rf beside Lf, hold
a7 - 8 Step Rf side, touch Lf beside Rf, hold

Sec 4 : 1/8R back, hitch,fwd flick with shimmy, 1/8L knee slap, knee slap

1 - 2 1/8R diagonal Lf back, hitch Rf
3 - 4 Rf fwd, flick Lf with shimmy
5 – 6 Lf inplace, Rf hitch(knee slap)
7 – 8 Step Rf side, Lf hitch(knee slap)

Sec 5 : Side, cross, side, heel, side, cross, side, touch

1 - 2 Step Lf side, cross Rf over Lf
3 - 4 Step Lf side, heel Rf diagonal fwd
5 – 6 Step Rf side, cross Lf over Rf
7 – 8 Step Rf side, touch Lf diagonal fwd

Sec 6 : Walking around 1/2L

1 - 2 1/4L step Lf fwd, hold
3 - 4 Step Rf fwd, hold
5 – 6 1/4L step Lf fwd, hold
7 – 8 Step Rf fwd, hold

PART B : 48 COUNT

Sec 1 : 1/4 camal walk

1 - 8 1/4 camel walk

Sec 2 : 1/4 cross toe strut, side toe strut, cross toe strut, side toe strut

1 - 2 1/4 cross touch Lf toe over Rf, drop Lf heel

3 - 4 Touch Rf toe R to side, drop Rf heel

5 - 6 Cross touch Lf toe over Rf, drop Lf heel

7 - 8 Touch Rf toe R to side, drop Rf heel

Sec 3 : Side, slide, together, 1/4L side, slide, together

1 - 4 Step Lf to L side, slide Rf together

5 - 8 1/4L step Rf to R side, slide Lf together

Sec 4 : Back, hold, back, hold, back, back, back, together

1 - 2 Lf back, hold

3 - 4 Rf back, hold

5 - 6 Lf back, Rf back

7 - 8 Lf back, Rf together

Sec 5 : Sec 3 REPEAT

Sec 6 : Knee bending walk step 1/2 L

1 - 8 Knee bending walk 1/2L

PART A# Part A SEC 5,6 REPEAT
