

U Can Get It

拍数: 32 墙数: 4 级数: Beginner
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音乐: You Can Get It - Baha Men



VINES (RIGHT AND LEFT)

- 1 Right - step to side
- 2 Left - cross step behind right foot
- 3 Right - step to side
- 4 Left - touch together (optional clap)
- 5 Left - step to side
- 6 Right - cross step behind left foot
- 7 Left - step to side
- 8 Right - touch together (optional clap)

WALK BACK, STEP TOGETHER, SHUFFLE FORWARD

- 9 Right - step back
- 10 Left - step back
- 11 Right - step back
- 12 Left - step together (optional clap)
- 13 Right - step forward
- & Left - step together
- 14 Right - step forward
- 15 Left - step forward
- & Right - step together
- 16 Left - step forward

FORWARD ROCK-RECOVER, COASTER STEP, FORWARD STEPS WITH HIP BUMPS

- 17 Right - step (rock) forward, while slightly lifting left foot off floor
- 18 Left - lower foot back to floor (recover)
- 19 Right - step back on (ball of) foot
- & Left - step together on (ball of) foot
- 20 Right - step forward
- 21 Left - step slightly forward while bumping left hip forward
- &22 Bump right hip back, bump left hip forward
- 23 Right - step slightly forward while bumping right hip forward
- &24 Bump left hip back, bump right hip forward

FORWARD ROCK-RECOVER, BACK ROCK-RECOVER, FORWARD ROCK-RECOVER, $\frac{3}{4}$ SHUFFLE TURN (LEFT)

- 25 Left - step (rock) forward, while slightly lifting right foot off floor
- 26 Right - lower foot back to floor (recover)
- 27 Left - step (rock) back, while slightly lifting right foot off floor
- 28 Right - lower foot back to floor (recover)
- 29 Left - step (rock) forward, while slightly lifting right foot off floor
- 30 Right - lower foot back to floor (recover)
- 31&32 Triple step left, making a $\frac{3}{4}$ turn left and step (left-right-left)

REPEAT