

Gotcha!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Amanda Delisle (USA)
音乐: Pedal to the Steel - Youngstown



ROCK & CROSS TRAVELING FORWARD - REPEAT 3 TIMES

- 1&2 Step to right on right foot, step on left foot in place, crossing right foot over left step forward onto right foot
- 3&4 Step to left on left foot, step on right foot in place, crossing left foot over right step forward onto left foot
- 5&6 Step to right on right foot, step on left foot in place, crossing right foot over left step forward onto left foot
- 7&8 Step to left on left foot, step on right foot in place, crossing left foot over right step forward onto left foot

LOCKING TRIPLE BACK, TRIPLE TURNING ½ TO LEFT

- 9&10 With left foot crossed over right, triple step back wards - right - left- right
- 11&12 Triple step left - right - left turning ½ to left (now facing 6:00)

KICK & POINT, TURN, POINT

- 13&14 Kick right foot forward, step on right foot in place, touch left toe to left side
- 15-16 Stepping on left foot, turn ½ to left, touch right toe to right side (now facing 12:00)

CROSS, POINT, ¼ TURN LEFT, CROSS, POINT

- 17-18 Cross right over left, point left to left side
- 19-20 Turning ¼ to left, cross left foot over right, touch right toe to right side (now facing 9:00)

CROSSING TRIPLE STEP TO LEFT, ¾ TURNING TRIPLE STEP TO RIGHT

- 21&22 Crossing right foot over left, triple step right - left - right, traveling to left
- 23&24 Turning ¾ to right triple step left - right - left (now facing 6:00)

RIGHT MAMBO FORWARD, LEFT MAMBO FORWARD WITH ¼ TURN TO LEFT

- 25&26 Step forward on right, step in place on left foot, step in place on right foot
- 27&28 Step forward onto left, replace weight to right foot, step on left turning ¼ to left (now facing 3:00)

AND HEEL AND CROSS, TURN, HOLD

- &29 Step slightly back on right foot, touch left heel forward
- &30 Step left foot back underneath you, cross right foot over left
- 31-32 Unwind ½ turn to left shifting weight to left foot, hold (now facing 9:00)

REPEAT