

Gotta Get Thru This

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Gotta Get Through This - Daniel Bedingfield



TWO SETS - ROCK STEP, COASTER STEP

1-2 Rock forward onto right foot, recover weight onto left foot
3&4 Right foot step backward, left foot step next to right foot, right foot step forward slightly
5-6 Rock forward onto left foot, recover weight onto right foot
7&8 Left foot step backward, right foot step next to left foot, left foot step forward slightly

TWO SETS - ROCK SIDEWAYS WITH SYNCOPATED VINES

1-2 Rock to the right on right foot, recover weight onto left foot
3&4 Step right behind left, step left out to left, step right in front of left
5-6 Rock to the left on the left foot, recover weight onto right foot
7&8 Step left behind right, step right out to right, step left in front of right

SIDE CHA, CROSS ROCK, SIDE CHA, CROSS ROCK

1&2 Step right foot to right side, step together with left, step right foot to right side
3-4 Rock left foot across in front of right, recover weight back on right foot
5&6 Step left foot to left side, step together with right foot, step left foot to left side
7-8 Rock right foot across in front of left, recover weight back on left foot

COASTER STEP, STEP ½ TURN, 2 LEFT KICK-BALL CHANGES

1&2 Right foot step backward, left foot step next to right foot, right foot step forward slightly
3-4 Step forward on left, turn a ½ turn to right (over right shoulder and switching weight to right foot when completing turn)
5&6 Left kick-ball change
7&8 Left kick-ball change

DIAGONAL ROCK STEP WITH RIGHT ¼ TURN, LEFT SAILOR STEP, RIGHT VAUDEVILLE

1-2 With the left foot, do a 45 degree rock step to the right while completing right ¼ turn
3&4 Cross left foot behind right, step right foot to right side, step left foot centered under body
5-6 Step right foot to the right side, cross left foot behind right foot
7& Step right foot to right side, kick left foot forward at a left diagonal, step left foot beside right foot
8 Cross right foot over left foot

LEFT VAUDEVILLE, RIGHT ¼ TURN WITH FORWARD SHUFFLE (RIGHT-LEFT-RIGHT), FORWARD SHUFFLE (LEFT-RIGHT-LEFT)

1-2 Step left foot to the left side, cross right foot behind left foot
3& Step left foot to left side, kick right foot forward at a right diagonal, step right foot beside left foot
4 Cross left foot over right foot
5&6 Do a ¼ turn to the right, shuffle forward right, left, right
7&8 Shuffle forward left, right, left

STEP ½ TURN TO THE LEFT, STEP ¼ TURN TO THE LEFT, RIGHT UP AND DOWN BUMP, LEFT UP AND DOWN BUMP

1&2 Step forward on your right foot and make a ½ turn to the left (over left shoulder)
3-4 Step forward on your right foot and make a ¼ turn to the left (over left shoulder)
5&6 Step forward on right foot as you bump right hip up, bump right hip down

7&8 Step forward on left foot as you bump left hip up, bump left hip down

STEP RIGHT TO RIGHT SIDE, STEP LEFT TO LEFT SIDE, STEP LEFT BACK TO CENTER, CROSS AND TURN, HOLD, HIP ROLL

1-2 Step right foot out to right side, step left foot out to left side

3&4 Step left foot back to center, cross right foot over left foot

5-6 Do a half turn to the left (over left shoulder), hold on six

7&8 Hip roll

REPEAT
