

# 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**

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