

Gonna Getcha

拍数: 72 墙数: 4 级数:
编舞者: Nancy Bruce (USA)
音乐: I'm Gonna Getcha Good! - Shania Twain



HEEL JACKS, CROSS, HEEL BOUNCES, SHUFFLE

1&2&3&4 Touch right heel forward, touch right next to left, touch left heel forward, touch left next to right, touch right heel forward, touch right next to left, cross left over right
5&6& Bounce heels up and down twice
7&8 Shuffle forward stepping left, right, left

ROCK, COASTER, PIVOTS

1-2 Rock forward onto right, recover left
3&4 Step back on right, back on left, forward on right
5-6 Step forward with left, ½ turn to right
7-8 Step forward with left, ½ turn to left

HEEL JACKS, CROSS, HEEL BOUNCES, SHUFFLE

1&2&3&4 Touch left heel forward, touch left next to right, touch right heel forward, touch right next to left, touch left heel forward, touch left next to right, cross right over left
5&6& Bounce heels up and down twice
7&8 Shuffle forward stepping right, left, right

ROCK, COASTER, PIVOTS

1-2 Rock forward onto left, recover right
3&4 Step back on left, back on right, forward on left
5-6 Step forward with right, ½ turn to left
7-8 Step forward with right, ½ turn to right

STEP SLIDE, STEP TOUCH, STEP SLIDE, STEP TOUCH

1-2 Step right diagonally forward, slide left next to right
3-4 Step right diagonally forward, touch left next to right
5-6 Step left diagonally forward, slide right next to left
7-8 Step left diagonally forward, touch right next to left

KICK BACKS TWICE, HEEL CROSSES

1&2 Kick right foot forward, step right back, step left back
3&4 Kick right foot forward, step right back, step left back
5-8 Touch right heel forward, cross right over left, touch right heel forward, touch right next to left

KICK BACKS TWICE, HEEL CROSSES

1&2 Kick left foot forward, step left back, step right back
3&4 Kick left foot forward, step left back, step right back
5-8 Touch left heel forward, cross left over right, touch left heel forward, touch left next to right (no weight)

SIDE SHUFFLE ROCK, SIDE SHUFFLE ROCK

1&2 Step left to side, step right next to left, step left to side
3-4 Rock back onto right, recover left
5&6 Step right to side, step left next to right, step right to side
7-8 Rock back onto left, recover right

POINT, TURN, TOGETHER, COASTER, STOMPS

- 1-4 Point left foot to the left, complete one full turn stepping right then left, touch right next to left
5&6 Step back left, step back right, step forward left
7-8 Stomp right foot, stomp left foot

REPEAT
