

Get Movin'

拍数: 32 墙数: 2 级数: Beginner
编舞者: Cindi Talbot (CAN)
音乐: Bringin' Da Noise - *NSYNC



STEP HITCH, STEP HEEL / STEP HITCH, STEP HEEL

- 1-2 Step forward right, hitch left leg turning on ball of right foot to make ¼ turn right
- 3-4 Step left to left, touch right heel out to right making ¼ turn right (you should be facing back wall)
- 5-6 Step forward right, hitch left leg, turning on ball of right to make ¼ turn right
- 7-8 Step left to left, touch right heel out to right making ¼ turn right (you should be facing front wall)

BACK & FORWARD & BACK & TOUCH/ HIP BUMPS RIGHT, HIP BUMPS LEFT

- 9& Rock back on right, in place on left
- 10& Rock forward on right, in place on left
- 11&12 Rock back on right, in place on left, touch right toe beside left
- 13&14 Step forward on right bumping hips right-left-right
- 15&16 Step forward on left bumping hips left-right-left

SIDE STEP RIGHT, LEFT, RIGHT, LEFT, RIGHT, TOUCH LEFT / SIDE STEP LEFT, RIGHT, LEFT, RIGHT, LEFT, TOUCH RIGHT

- 17& Step right to right side, step left beside right
- 18& Step right to right side, step left beside right
- 19-20 Take big step right to right side, touch left toe beside right
- 21& Step left to left side, step right beside left
- 22& Step left to left side, step right beside left
- 23-24 Take big step to left side, touch right toe beside left (variation: take big step left making ½ turn left, touch right toe beside left)

STEP TOUCH, STEP TOUCH / POINT, TOUCH, POINT HITCH POINT

- 25-26 Step right to right side, touch left toe beside right
- 27-28 Step left to left side, touch right beside left
- 29-30 Touch right toe out to right side, touch right toe beside left
- 31&32 Touch right toe out to right side, hitch right knee, touch right toe out to right side

REPEAT
