

Get Rhythm

拍数: 68 墙数: 2 级数: Intermediate/Advanced
编舞者: Ian St. Leon (AUS)
音乐: Get Rhythm - Little Richard



- &1-2-3-4 Step right to right side, step left to left side (taking weight), cross right over left, unwind ½ turn to left, hold
- 5&6-7&8 Left sailor step (left-right-left), right sailor step (right-left-right)
- 1-2-3&4 Rock forward left, rock back right, turn ½ left & shuffle forward left (left-right-left)
- 5-6-7-8 Step forward right bump hips right-right, bump hips left-left
- 1&2&3-4 Right heel forward at right 45 degrees, step right together, left heel forward at left 45 degrees, step left together, 2 right heels forward at right 45 degrees
- &5&6&7-8 Step right together, left heel forward at left 45 degrees, step left together, right heel forward at right 45 degrees, step right together, 2 left heels forward at left 45 degrees
- &1-2-3-4 Step left together, rock forward on right, rock back on left, turn ¼ right step right forward, scuff left
- 5-6-7-8 Step left forward, lock right behind left, step left forward, turn ½ left on left foot
- 1-2-3-4 Step right forward, lock left behind right, step right forward, step left together (taking weight)
- 5-6-7-8 Kick right forward, bring right back as you turn ½ to right on left, kick right forward, step forward on right
- 1-2-3-4 Kick left forward, bring left back as you turn ¼ to left, kick left forward, step left together
- 5-6-7-8 Twist both heels out, twist both toes out, 2 heel bounces
- 1-2-3-4 Step back on left behind right, kick right forward at right 45 degrees, step back on right behind left, kick left forward at left 45 degrees
- 5-6-7-8 Cross left over right, kick right forward at right 45 degrees, cross right over left, kick left forward at left 45 degrees
- 1-2-3-4 Turn ¼ left step left back across right, step back right, step left back across right, step back on right
- 5-6-7-8 Step left back, step right together, step forward left, step forward right
- 1-2-3-4 Turn ¼ left twist heels right, twist heel left, twist heels to center, touch right together

REPEAT

RESTARTS

At the end of walls 2 & 6 simply omit the heel twists at the end of the dance. Turn the ¼ left and touch the right together on & count, restart to new wall