

Get Right

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Megan Olson (USA) & Heidi Hollan (USA)
音乐: Get Right (Remix) (feat. Fabolous) - Jennifer Lopez



SCUFF, HOLD, KICK-HOOK-KICK, ¼ TURN KNEES OUT-IN-OUT

- 1-2 Scuff right foot, hold and look head over left shoulder
3&4 Kick (flexed) right foot forward, hook right leg in front of left, and kick (flexed) right foot forward
5-6 Step right foot back, ¼ turn to right weight on both feet
7&8 Lean into right knee and turn it out-in-out

SHOULDERS-BODY ROLL, SHUFFLE STEP, HITCH TURN

- 1&2 Move shoulder right, left, right
3-4 Body roll right to left and bring right foot touching next to left
5&6 Step right foot forward, step left next to right foot, step right foot forward
7-8 Hitch left leg and turn ¼ left (weight on right), keeping left foot hitch turn ½ over left shoulder (end with weight on right)

QUICK STEP, KNEES, QUICK STEP, BODY ROLL, BACK AND POINT

- &1 Step left foot back, step right foot forward (keeping weight centered)
&2&3 ½ turn over left shoulder while moving knees out-in-out-in (weight centered)
&4 Step left foot back, step right foot forward
&5-6 Body roll front to back transferring weight back, point right foot forward
&7&8 Step right foot back and point left foot forward, step left foot back and point right foot forward

QUICK STEP, WALK, ¾ TURN, HEEL ROCKS

- &1 Step right foot back, left foot forward
2-3 Walk forward right, left
4& ¾ over right shoulder and step right to right side, cross left over right
5-6& Rock right heel out to right diagonal, recover weight to left, step right next to left
7-8& Rock left heel out to left diagonal, recover weight to right, step left next to right (weight ends on left)

REPEAT

TAG

After walls 3 and 7

BEHIND SIDE FORWARD, C-STEP, HITCH AND TURN, SHOULDERS

- 1&2 Step right behind left, step left forward ¼ over left shoulder, step right foot forward
&3&4&5&6 Touch left next to right, touch left heel forward, bring feet together, touch right heel forward, bring feet together, touch left heel forward, bring feet together, touch left heel forward
&7-8 Hitch left foot making ¼ over left shoulder, step left foot side left, roll shoulders forward on 8
1-8 Repeat first 8 counts of tag

If using regular vision (not the remix) you will start the dance when she starts sing and you will only do the dance two complete times, then the first tag. Rest of the dance is the same