

Get Some

拍数: 48 墙数: 4 级数: Intermediate
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音乐: She Be the One - Enrique Iglesias



WALK, WALK, FORWARD SHUFFLE

1 Walk left forward
2 Walk right forward
3&4 Shuffle forward left, right, left

POINT, HOOK, STEP FORWARD SHUFFLE

5 Point right toe in front of left foot
& Hook right foot in front of left knee (turning face over left shoulder)
6 Step forward on right foot
7&8 Shuffle forward left, right, left

½ LEFT, FULL TRIPLE TURN

1 Step forward on right foot
2 ½ turn left weight on right foot
3&4 Triple turn right, right left right

FORWARD SHUFFLE, KICK, JUMP BACK, COLLECT

5&6 Shuffle forward left, right, left
7 Kick right foot forward
& Jump back weight on right foot
8 Collect left foot next to right

KICK, KICK, STEP ¼ TURN LEFT

1 Kick right foot diagonal 1/8(14:00)
& Step on right foot
2 Kick left foot diagonal 1/8(14:00)
& Step left foot back
3 Right foot front
4 ¼ turn left

CROSS SHUFFLE, SLIDE LEFT

5&6 Right cross over left, left small step side left, right step across left
7 Left foot long step to left side
&8 Sliding right foot to left

TURN ¼ LEFT(PRESSURE STEP)HOLD, TAP HEELS

1 Step ¼ turn left pressure point right toe forward(push upper body forward)
2 Hold weight on right toe
3 Tap right heel
& Tap right heel
4 Tap right heel

SLAP DOWN, SLAP UP, CLAP CLAP, SLAP DOWN, CLAP CLAP

Weight still on right foot forward

5 Slap right hand over right upper leg downwards
& Slap right hand back over right leg upwards

- 6 Clap hands
- & Clap hands
- 7 Slap right hand over right upper leg downwards
- & Clap hands
- 8 Both feet together hands above head, right hand in palm of left hand

SLIDE RIGHT SIDE, SLIDE ¼ LEFT, SLIDE ¼ RIGHT, SLIDE ¼ LEFT

- 1 Right foot big step to right side(weight on right foot)
- 2 Left foot slide next to right
- 3 Left foot big step to left side ¼ turn left(weight on left foot)
- 4 Right foot slide next to left
- 5 Right foot big step to right side ¼ turn left(weight on right foot)
- 6 Left foot slide next to right
- 7 Left foot big step to left side ¼ turn left(weight on left foot)
- 8 Right foot slide next to left

WALK, WALK, CROSS BEHIND FULL TURN

- 1 Walk right foot forward
- 2 Walk left foot forward
- 3 Cross right foot behind left
- &4 Full turn over right shoulder

JUMP OUT, FRONT, JUMP OUT, BEHIND OUT, STOMP DOWN

- 5 Jump both feet out (position 2)
- & Weight on left foot, right foot hook in front of left knee
- 6 Weight on both feet (position 2)
- & Weight on right foot, left foot hook behind right knee
- 7 Weight on both feet (position 2)
- & Weight on left foot
- 8 Stomp right foot next to left (weight on right foot)

The last 4 counts are traveling to the right side

REPEAT
