

Gettin' In The Mood

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Brenda Hancock (CAN)
音乐: Gettin' in the Mood - The Brian Setzer Orchestra



Sequence: AAB, CAB, DEE, FAB, End

PART A

2 CHARLESTON STEP

1-2 Step left forward, kick or touch right forward
3-4 Step back on right, touch left back
5-6 Step left forward, kick or touch right forward
7-8 Step back on right, touch left back

MODIFIED JAZZ BOX LEFT AND RIGHT

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

4 MODIFIED PADDLE TURNS TO THE LEFT TO COMPLETE FULL CIRCLE

1& Step left in place, step right forward and pivot $\frac{1}{4}$ turn left
2& Step left in place, step right forward and pivot $\frac{1}{4}$ turn left
3& Step left in place, step right forward and pivot $\frac{1}{4}$ turn left
4 Step left in place (now facing front of hall)

RIGHT VINE 7 IN PLACE, HOLD

1-2 Step right to side, step left behind right
3-4 Step right to side, step left in place
5-6 Step right behind left, step left to side
7-8 Step right in place, hold

REPEAT PART A

PART B

"KANGAROO" STEP TO THE LEFT

1& Step left diagonally to the left, hitch right knee
2&3 Step right in place, step left forward, hitch right knee
&4 Step right in place, step left in place

HEEL TOUCH FORWARD/STEP BACK RIGHT, LEFT, RIGHT, LEFT, TOUCH RIGHT

&5 Touch right heel forward, step back on right
&6 Touch left heel forward, step back on left
&7 Touch right heel forward, step back on right
&8 Touch left heel forward, step back on left
& Touch right beside left

STEP/TOUCH RIGHT AND LEFT, BASIC RIGHT

1-2 Step right to side, touch left beside right
3-4 Step left to side, touch right beside left
5-6 Step right to side, step left beside right
7-8 Step right to side, touch left beside right

STEP/TOUCH LEFT AND RIGHT, BASIC LEFT

- 1-2 Step left to side, touch right beside left
- 3-4 Step right to side, touch left beside right
- 5-6 Step left to side, step right beside left
- 7-8 Step left to side, touch right beside left

"KANGAROO" STEP TO THE RIGHT

- 1& Step right diagonally to the right, hitch left knee
- 2&3 Step left in place, step right forward, hitch left knee,
- &4 Step left in place, step right in place

HEEL TOUCH FORWARD/STEP BACK LEFT, RIGHT, LEFT, RIGHT, TOUCH LEFT

- &5 Touch left heel forward, step back on left
- &6 Touch right heel forward, step back on right
- &7 Touch left heel forward, step back on left
- &8 Touch right heel forward, step back on right
- & Touch left beside right

STEP/TOUCH LEFT AND RIGHT, BASIC LEFT

- 1-2 Step left to side, touch right beside left
- 3-4 Step right to side, touch left beside right
- 5-6 Step left to side, step right beside left
- 7-8 Step left to side, touch right beside left

STEP/TOUCH RIGHT AND LEFT, BASIC RIGHT

- 1-2 Step right to side, touch left beside right
- 3-4 Step left to side, touch right beside left
- 5-6 Step right to side, step left beside right
- 7-8 Step right to side, touch left beside right

PART C

LEFT ROCK FORWARD, RECOVER TO RIGHT, LEFT COASTER

- 1-2 Rock left forward, recover to right
- 3&4 Step back on left, step right beside left, step forward on left

RIGHT ROCK FORWARD, RECOVER TO LEFT, RIGHT SHUFFLE TURNING ½ TURN RIGHT

- 5-6 Rock right forward, recover to left
- 7&8 Step right, left, right turning ½ turn right

LEFT ROCK FORWARD, RECOVER TO RIGHT, LEFT COASTER

- 1-2 Rock left forward, recover to right
- 3&4 Step back on left, step right beside left, step forward on left

PIVOT ½ TURN LEFT, RIGHT SHUFFLE IN PLACE

- 5-6 Step forward on right, pivot ½ turn left
- 7&8 Right shuffle in place: right, left, right

REPEAT PART A (ONCE ONLY)

REPEAT PART B

PART D

MODIFIED JAZZ BOX LEFT AND RIGHT

- 1-2-3 Step left to side, step right across left, step back on left
- &4 Rock back on right, recover to left
- 5-6-7 Step right to side, step left across right, step back on right

&8 Rock back on left, recover to right

PART E

TOE/HEEL STRUTS (MOVING LEFT) LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT SHUFFLE TURNING ¼ TURN LEFT

1& Step to left on ball of left foot, lower left heel to floor
2& Step across left on ball of right foot, lower right heel to floor
3& Step to left on ball of left foot, lower left heel to floor
4& Step behind left on ball of right foot, lower right heel to floor
5& Step to left on ball of left foot, lower left heel to floor
6& Step across left on ball of right foot, lower right heel to floor
7&8 Left shuffle to turn ¼ turn left: left, right, left

RIGHT VINE 8 IN PLACE

1-2 Step right to side, step left behind right
3-4 Step right to side, step left in place
5-6 Step right behind left, step left to side
7-8 Step right in place, step left beside right

SLOW PIVOT ¼ TURN LEFT, RIGHT TRIPLE STEP IN PLACE

1-2 Step forward on right, hold
3-4 Pivot ¼ turn left and shift weight to left foot, hold
5-6-7 Triple step in place right, left, right
8 Hold

REPEAT PART E TO FACE THE FRONT OF HALL

PART F

STEP/ROCK/STEP LEFT AND RIGHT CLAPPING HANDS

1&2 Step left in place, rock back on right/clap hands, hold
3&4 Recover to left foot/clap hands, hold
5&6 Step right in place, rock back on left/clap hands, hold
7&8 Recover to right foot/clap hands, hold

REPEAT PART A ONCE ONLY

REPEAT PART B

END

LEFT ROCK FORWARD, RECOVER TO RIGHT, LEFT COASTER

1-2 Rock left forward, recover to right
3&4 Step back on left, step right beside left, step forward on left

2 PIVOT TURNS ½ LEFT ON EACH

5-6 Step forward on right, pivot ½ turn left on ball of left & shift weight to left foot
7-8 Step forward on right, pivot ½ turn left on ball of left & shift weight to left foot

RIGHT ROCK FORWARD, RECOVER TO LEFT, RIGHT COASTER

1-2 Rock right forward, recover to left
3&4 Step back on right, step left beside right, step forward on right

LEFT ROCK FORWARD, RECOVER TO RIGHT, LEFT COASTER

5-6 Rock left forward, recover to right
7&8 Step back on left, step right beside left, step forward on left

Touch right foot forward to finish

