

Get A Life!

拍数: 60 墙数: 4 级数: Intermediate
编舞者: Glynn Rodgers (UK)
音乐: Gonna Get a Life - Mark Chesnutt



SIDE STRUT, CROSS STRUT, POINTS, KICK

1-2 Touch right toe to right side, drop right heel
3-4 Touch left toe over right, drop left heel
5-8 Point right toe - out, in, out, kick right foot diagonally forward

BEHIND, SIDE, CROSS, HOLD, MONTEREY ½

1-4 Step right behind left, step left to left side, cross right over left, hold
5-8 Touch left to left side, on ball of right make ½ turn left, stepping left beside right, touch right to right side, step right beside left

SAMBA, BACK, KICK, CROSS, TRIPLE TURN, LOCK BACK, TOUCH

1&2 Rock left to left side, recover weight onto right, cross left over right
&3 Step back right, kick left forward
&4 Step left in place, cross right over left
5&6 Triple ¾ turn over the right shoulder, stepping - left, right, left
7&8 Step back right, cross left over right, step back right
& Touch left beside right

¾ RHUMBA BOX, WALK BACK CLAP

1-6 Step left to left side, close right to left, step forward left, touch right beside left, step right to right side, close left to right
7-8 Step back right, clap hands once

WALK BACK CLAP, POINTS, HOOK TURN

1-2 Step back left, clap hands once
3-6 Point right toe, back, side, forward, side
7-8 Hook right behind left knee, on ball of left pivot ¼ turn left with right raised behind left

GRAPEVINE, TURN, SLOW COASTER STEP

1-4 Step right to right side, step left behind right, step right to right side turning ¼ right, touch left beside right
5-8 Step back left, close right to left, step forward left, hold

MONTEREY ½, WALK CLAP TWICE

1-4 Touch right to right side, on ball of left make ½ turn right, stepping right beside left, touch left to left side, step left beside right
5-8 Step back right, clap, step back left, clap

JUMP OUT-OUT, JUMP IN-IN

&1-2 Jump back stepping - right, left, clap
&3-4 Jump forward stepping - right, left, clap

REPEAT