

# 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