

Get Dancin'

拍数: 32 墙数: 4 级数: Improver
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音乐: I Like You - Ultradance



LEFT SHUFFLE FORWARD, ¼ LEFT PIVOT TURN, RIGHT KICK BALL STEP, HIP BUMPS LEFT & RIGHT

1&2 Step left foot forward, step right foot together, step left foot forward
3-4 Step right foot forward, pivot ¼ turn left
5&6 Kick right foot forward, step right foot in place, step left foot to left side
7-8 Bump hips left, right

HIP BUMPS LEFT & RIGHT, LEFT SIDE SHUFFLE

1-2 Bump hips left twice
3-4 Bump hips right, left
5-6 Bump hips right twice
7&8 Step left foot to left side, step right foot next to left, step left foot to left side

½ TURN LEFT, RIGHT SIDE SHUFFLE, CROSS UNWIND ½ LEFT, HEEL TOE, LEFT SYNCOPATED ROCK STEP

&1&2 ½ turn left, step right foot to right side, step left foot next to right, step right foot to right side
3-4 Touch left toe behind right heel, unwind ½ turn left (weight on left)
5&6 Touch right heel forward, step right foot in place, touch left toe beside right foot
7&8 Step left foot out to left side, recover weight on right foot, step left foot next to right

RIGHT SHUFFLE FORWARD, ½ TURNING LEFT TRIPLE STEP, HEEL SWITCHES, CLAP TWICE, STEP RIGHT

1&2 Step right foot forward, step left foot together, step right foot forward
3&4 ½ turn right step left foot forward, step right foot together, step left foot forward
5&6 Touch right heel forward, step right foot in place, touch left heel forward
&7&8 Step left foot in place, touch right heel forward, clap hands twice, step right foot in place

REPEAT
