

Get Gone

拍数: 64 墙数: 2 级数:
编舞者: Mark Simpkin (AUS) & Robin Imms (AUS)
音乐: Get Gone - The Wheel



The first 8 counts are done with a bouncing motion

- 1-2 Kick left foot forward, step forward on left
3-6 Kick right foot forward, swing right leg back, kick right back at 45 degrees right, step down on right
7-8 Step back on left, rock forward onto right

9-12 Scoot forward on right at 45 degrees left hitching left knee, step down on left, scoot forward on left at 45 degrees right hitching right knee, step down on right
13-14 Scoot to left side on right foot twice hitching left knee
15-16 Step left to left side, tap right beside left

The next 8 counts should travel to the right

- 17-20 Step right heel forward & to right side, step left slightly behind right, step ball of right back & to right side, step left across right
21-24 Repeat above four counts

25-28 Step right forward into ¼ turn right, step left to left side, step right across over left, hold
&
Pivot ½ turn left on right foot
29-32 Step left foot to right side, step right to right side, step left across over right, hold

33-36 Step right into ½ turn right, step left beside right, pivot on left ½ turn right taking weight to right foot which should end up crossed over left, hold
37-40 Step left into ½ turn left, step right beside left, pivot on right ½ turn left taking weight to left foot which should end up crossed over right, hold

41-44 Step right forward, step left forward, turn ½ turn left stepping back on right, step back on left
45-46 Step back on right, turn ½ turn left stepping forward on left
47-48 Step right forward, pivot ½ turn left taking weight to left foot

The next 8 counts are done with a bouncing motion on the balls of the feet

- 49-52 Step right across over left, replace weight back to left, step right to right side, replace weight on left
53-56 Step right across left, replace weight to left, step right to right side, step left across over right

57-58 Jump right back at 45 degrees right tapping left heel forward at 45 degrees left, jump left across right tapping right toe across behind left foot
59-62 Repeat above two counts two more times (traveling heel jacks)
63-64 Jump onto right foot turning ¼ turn right, tap left toe back

REPEAT

The third wall is danced with the first 48 counts only, changing the last 3 counts to

- 46 ¼ turn left which will have you facing the front wall
47 Step right beside left
48 Hold

Restart dance from the beginning. This only happens once on the third wall.
