

Come Get It

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Get the Party Started - P!nk



KICK RIGHT FORWARD, SIDE (WITH HEEL BOUNCES), RIGHT SAILOR STEP, KICK LEFT FORWARD, SIDE (WITH HEEL BOUNCES), LEFT SAILOR STEP

- 1-2 Kick right forward, kick to right side (bounce left heel with each kick)
- 3&4 Right steps behind left, step left to left side, step right slightly forward
- 5-6 Kick left forward, kick to left side (bounce right heel with each kick)
- 7&8 Left steps behind right, step right to right side, step left slightly forward

RIGHT SAILOR STEP WITH ½ TURN RIGHT, LEFT FORWARD SHUFFLE, FULL TURN MONTEREY TO RIGHT, LEFT POINT, HITCH, CROSS

- 9 Step right behind left starting to turn ½ right
- & Step left out to left side completing the turn (now facing 6:00 wall)
- 10 Step right slightly forward (same as foot work for a sailor step, with ½ turn right)
- 11&12 Left shuffle forward stepping left, right, left
- 13 Point right toe to right side
- 14 Spin full turn right on ball of left foot, step right next to left with weight
- 15&16 Point left to left side, hitch left up across right, step in front of right (weight ends on left)

TWO KNEE PUMPS, COASTER STEP WITH ¼ TURN RIGHT, STEP LEFT, BALL, STEP, HOLD, BALL, STEP

- &17 Hitch right knee in toward body, extend right heel toward right diagonal (pumping action)
- &18 Hitch right knee in toward body(&), extend right heel toward right diagonal (pumping action)
- 19 Step right behind left commencing ¼ turn right
- &20 Step left together with right completing turn, step forward on right (now facing 9:00 wall)
- 21&22 Step left forward, step right together with weight on ball of right, step left forward
- 23&24 Hold, step right together with weight on ball of right, step left forward

When you have finished this section you should be facing 12:00 wall

Styling: throughout 21-24, your eyes follow your right hand

- 21 Step left forward leaning body forward and stretching right arm toward 9:00 wall, hands open as if about to pick an object off a table in front of you
- & Bringing the right ball of foot toward left straighten body to upright position, closing grasp (imaginary object now in hand) right arm in front
- 22 Stepping left forward, look to right and extend arm to 3:00 wall opening grasp (let go of imaginary object)
- 23 Hold foot position leaning body forward and stretching right arm toward 9:00 wall, hands open as if about to pick an object off a table in front of you
- & Bringing the right ball of foot toward left straighten body to upright position, closing grasp (imaginary object now in hand) right arm in front
- 24 Stepping left forward, look to right and extend arm to 3:00 wall opening grasp (let go of imaginary object)

JUMP JUMP KICK/TURN, RIGHT COASTER STEP, WALK FORWARD LEFT, RIGHT, JUMP OUT, IN, HITCH

- 25& Jump to left side with both feet together twice (2 bunny hops)
- 26 Jump back on left turning ¼ right and kicking right forward (now facing 3:00 wall)

Less impact option for counts 25-26

- 25 Tap right next to left
- & Tap right next to left

- 26 Turn ¼ right on ball of left kicking right forward
27&28 Step right back, step left together with right, step right forward
29-30 Walk forward left, walk forward right
31&32 Jump both feet apart, jump both feet together, hop forward on left hitching right knee
- Less impact option for counts 31-32**
- 31 Touch left toe out to left side
& Step left next to right taking weight
32 Hitch right knee

REPEAT
