

Let's Get Saved

拍数: 64 墙数: 2 级数: Intermediate/Advanced
编舞者: Dan McInerney (UK) - July 2007
音乐: The Word - Prince : (Album: 3121)



Starts: After 48 counts, just before Prince sings ?What is this??

SIDE, BEHIND AND CROSS, SIDE, RECOVER, PADDLE, PADDLE, PADDLE

- 1, 2&□ Step R foot to R side, step L behind R, step R to R side
- 3, 4□ Cross L in front of R, step R to R side taking full weight
- 5, 6□ Make 1/4 turn L stepping L forward, turning 1/8 turn L point R toe out to side (07:30)
- 7, 8□ Turning 1/8 turn L point R toe out to side, turning 1/8 turn L point R toe out to side (04:30)

(NOTE: counts 6-8 are basically 3 paddles over a half turn)

SIDE, COASTER STEP, CROSS, SWEEP, BEHIND AND CROSS TAP LUNGE

- 1, 2&□ Turn 1/8 turn L stepping R to R side, step back L, step R next to L (03:00)
- 3, 4□ Step forward L, cross R close over L
- 5, 6&□ Sweep R around and slightly behind L, step R behind L, step L to L side
- 7&8□ Cross R over L, tap L toe next to R, making 1/4 turn L lunge forward onto L toe (12:00)

RECOVER, CROSS UNWIND, ROCK AND CROSS, ROCK, RECOVER, COASTER ROCK

- 1, 2□ Making 1/4 turn R recover weight onto R, cross L over R and start to unwind a full turn R (03:00)
- 3, 4&□ Finish the full turn with weight on L, rock R to R side, recover onto L (03:00)
- 5, 6□ Cross R over L, making 1/4 turn L rock L forward (12:00)
- 7, 8&1□ Recover weight onto R, step back L, step R next to L, step-rock forward L

COASTER STEP, STEP, TURN, HOLD, STEP, HOLD

- 2&3□ Recover weight back onto R, step L next to R, step R forward
- 4, 5□ Step L forward, pivot 3/8 turn R (to L diagonal) (04:30)
- 6, 7□ Hold, step L forward (but still on diagonal)
- 8□ Hold

STEP, DRAG, STEP, AND CROSS AND STEP, CROSS, SIDE, SHUFFLE HALF TURN

- 1, 2□ Step R forward (still on diagonal), drag L up together and forward past R
- 3, &4□ Step weight forward onto L, cross R over L, making 1/8 turn R step L back (06:00)
- &5, 6□ Making 1/4 R step R to R side, step L forward, making 1/4 R step R across L (12:00)
- 7, 8&1□ Making 1/4 R step L back, making 1/4 R step R to R side, making 1/4 R step L next to R, step R forward (09:00)

ROCK, RECOVER, BACK LOCK SWAY, SWAY, BIG SWAY, SIDE TOGETHER SIDE

- 2, 3□ Rock forward onto L, recover weight back onto R
- 4&5□ Step L foot back, lock R foot back across L, making 1/4 L step L to L side and sway hips L (06:00)
- 6, 7□ Sway hips R, dip slightly and then up as you sway hips L
- 8&1□ Step R to R side, step L next to R, step R to R side

ROCK, RECOVER, TURN AND TURN, STEP, ROCK, BACK TURN CROSS

- 2, 3□ Rock L forward across R, recover weight back onto R
- 4&5□ Making 1/4 L step L forward, making 1/4 L step R next to L, making 1/4 L step L forward (09:00)
- 6, 7□ Step R forward, rock L forward
- 8&1□ Recover weight back onto R, making 1/4 L step L to L side, cross R across L (06:00)

SIDE, BEHIND AND CROSS, SIDE, CROSS, UNWIND FULL TURN

2, 3&□ Step L to L side, step R behind L, step L to L side
4, 5□ Cross R in front of L, rock L to L side bumping hips L
6, 7□ Recover R to R side, cross L over R starting to unwind turn R
8□ Unwind full turn R with weight on L (06:00)

REPEAT

RESTARTS:

1. 2nd wall, after count 48. Step 49 becomes step 1: 7, 8&1, 2&3, 4 (big sway, side together side, behind and cross, side)
2. 5th wall, after count 16. Take full weight on L after lunge ? facing 12:00, start again R side, behind and cross, side)

[EMail](#) / [Website](#)
