

Get It On

拍数: 64 墙数: 2 级数: Intermediate
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音乐: You Can Get It - Mark Medlock & Dieter Bohlen



DIAGONAL BACK ROCK, RECOVER, DIAGONAL CROSS SHUFFLE, 3 TIMES

1-2 Rock right diagonal back & right, recover to left
3&4 Traveling diagonal forward & left cross right in front of left, step left to left, cross right in front of left
5-6 Rock left diagonal back & left, recover to right
7&8 Traveling diagonal forward & right, cross left in front of right, step right to right, cross left in front of right
9-10 Repeat beats 1-2
11&12 Repeat beats 3&4

ROCK SIDE, TURNING ¼ RIGHT RECOVER, STEP TOGETHER, HEEL, HOLD, STEP, TOGETHER

1-2& Rock left to left, turning ¼ right recover to right, step left next to right
3-4& Touch right heel forward, hold, step right next to left

FORWARD, FORWARD, ROCK SIDE, RECOVER, FORWARD, STEP ½ TURN, ROCK SIDE, RECOVER

1 Step left forward
2&3 Step right forward, rock left to left, recover to right
4 Step left forward
5-6 Rock right forward, turning ½ left recover to left
7-8 Rock right to right, recover to left

BEHIND, TURNING ¼ LEFT STEP FORWARD, STEP FORWARD, FORWARD ROCK, RECOVER

1&2 Cross right behind left, turning ¼ left step left forward, step right forward
3-4 Rock left forward, recover to right

STEP BACK, STEP TOGETHER, FORWARD SHUFFLE, TOUCH

1& Step left back, step right together
2&3 Step left forward, step right together, step left forward
4 Touch right next to left

¼ RIGHT MONTEREY TURN 3, HOLD, STEP TOGETHER, FRONT VINE 4

1-2-3-4& Touch right toe to right, turning ¼ right step right next to left, touch left toe to left, hold, step left next to right
5-6-7-8 Cross right in front of left, step left to left, cross right behind left, step left to left

CROSS ROCK, RECOVER, SIDE SHUFFLE, TURNING ¼ RIGHT

1-2 Rock right across in front of left, recover to left
3&4 Step right to right, step left next to right, turning ¼ right step right forward

STEP ½ TURN, PADDLE ¼ TURN

1-2 Rock left forward, turning ½ right recover to right
3-4 Rock left forward, turning ¼ right recover to right

STEP FORWARD WITH DOUBLE HIP BUMPS, TWICE

1&2 Step left forward while bumping hips left, bump hips center, bump hips left
3&4 Step right forward while bumping hips right, bump hips center, bump hips right

FORWARD, TOUCH, 2 HEEL SWITCHES, TWICE

- 1 Step left forward
- 2 Touch right next to left
- 3&4& Touch right heel forward, step right next to left, touch left heel forward, step left next to right
- 5 Step right forward
- 6 Touch left next to right
- 7&8& Touch left heel forward, step left next to right, touch right heel forward, step right next to left

ROCK FORWARD, RECOVER, TURNING ¼ LEFT STEP SIDE, TOUCH

- 1-2 Rock left forward, recover to right
- 3-4 Turning ¼ left step left to left, touch right next to left

REPEAT

TAG

SCISSOR, DOUBLE CLAP, TWICE

- 1-2 Rock right to right, recover to left
- 3-4-5 Cross right in front of left, rock left to left, recover to right
- 6-7 Cross left in front of right, touch right toe to right
- 8 Flick right up & behind left leg

RESTARTS:

At the END of the 1st wall do the FIRST 8 beats of the tag then restart

At the END of the 2nd wall do the TAG then restart

At the END of the 3rd wall do the FIRST 8 beats of the tag then restart

ON the 5th wall do the first 32 beats of the dance then restart
