

Get On Your Feet

拍数: 0 墙数: 2 级数: Phrased Improver
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音乐: Get On Your Feet - Gloria Estefan



Sequence: A, A(1-32), B, A(1-8), A, BB, A(1-28), A, A(1-16), B to end

Part A

Walk Forward Right Left, Right Hip Bumps Twice, Repeat First Four Counts Starting On Left

- 1-2 Walk forward right, left
- 3-4 Putting right toe forward, bump right hip forward twice, putting weight onto right on second hip bump
- 5-6 Walk forward left, right
- 7-8 Putting left toe forward, bump left hip forward twice, putting weight onto left on second hip bump

Step ½ Turn Step, Left Side Rock Cross, Right Side Rock Cross, Left Side Rock Cross

- 1&2 Step right forward, pivot a ½ turn left, step right forward
- 3&4 Rock left out to left side, recover onto right in place, cross left over right
- 5&6 Rock right out to right side, recover to left in place, cross right over left
- 7&8 Repeat counts 3 & 4 in this section

DO ALL OF THAT AGAIN

- 1-16 Repeat previous 16 counts

Right Side Step, Together, Right Side Shuffle With ¼ Turn, Step ¼ Turn, Left Cross Shuffle

- 1-2 Step right to side, bring left in beside right, weight even between feet
- 3&4 Step right to side, bring left in beside right, step right to side making a ¼ turn to right
- 5-6 Step left forward, then pivot a ¼ turn to the right on both feet
- 7&8 Cross left over right, step right slightly to right side, cross left over right

- 9-16 Repeat counts 1-8

Part B

Step Forward Right, Left, Step Back Right, Left Coaster Step, Right Side Shuffle, Side Step Left

- 1-3 Step forward right, step forward left level with right, step right back
- 4&5 Step left back, step right back, step left forward
- 6&7 Step right to side, bring in left beside right, step right to side
- 8 Step left in place to left side

Right Sailor Step, Left Sailor Step, Right Behind Unwind ½ Turn, Full Triple Turn Right

- 1&2 Cross right behind left, step left slightly to left side, step right out to right side
- 3&4 Cross left behind right, step right slightly to right side, step left out to left side
- 5-6 Touch right toe behind left, then make a ½ turn over right shoulder, taking weight onto right
- 7&8 Make a full turn right, stepping left, right, left, or shuffle forward for left, right, left

DO ALL OF THAT AGAIN

- 1-16 Repeat previous 16 counts