

I Get High

拍数: 32 墙数: 2 级数: Beginner
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音乐: I Get High Lovin' You - Brady Seals



Intro 32 counts

Alt. music: You Set My Heart on Fire - Helena Paparizou

Section 1 : Chasse right, Rock back left, Chasse left, Rock back right

1&2 Step right to right side. Close left beside right. Step right to right side.
3-4 Rock back on left. Rock forward onto right.
5&6 Step left to left side. Close right beside left. Step left to left side.
7-8 Rock back on right. Rock forward onto left.

Section 2 : Shuffle forward right, Rock forward left, Shuffle back left, rock back right

1&2 Step forward right. Close left beside right. Step forward right.
3-4 Rock forward on left. Rock back on right.
5&6 Step back left. Close right beside left. Step back left.
7-8 Rock back on right. Rock forward onto left.

Section 3 : Step forward right, Bump right hip, Step right forward, Step left forward bump left hip, Step left forward, Step forward right, Bump right hip, Step right forward, Step left forward bump left hip, Step left forward

1-2 Step forward right bumping right hip to right, Step right forward.
3-4 Step forward left bumping left hip to left, step left forward.
5-6 Step forward right bumping right hip to right, Step right forward.
7-8 Step forward left bumping left hip to left, step left forward.

Section 4 : Step, Turn ¼ left , Step, Turn ¼ left, Rocking chair forward right

1-4 Step right forward, turn ¼ left using hips, Step right forward, turn ¼ left using hips.
5-8 Rock forward on right. Rock back onto left. Rock back on right. Rock forward onto left.