

Rhythm is Gonna Get You

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 1 级数: Beginner
编舞者: Irene Groundwater (CAN) - April 2012
音乐: Rhythm Is Gonna Get You - Gloria Estefan : (CD: Greatest Hits)



Intro: Start on the heavy beats – or on the vocals- on the word NIGHT.

[1-8] DIAG FWD, TOG, DIAG FWD, TOUCH, SIDE, TOG, SIDE, TOUCH

1-2 R diag forward (1:30), Step L beside R,
3-4 R diag forward, (1:30), Touch L Ball beside R instep
5-6-7-8 Side L, Step R beside L, Side step L, Touch R Ball beside L instep

[9-16] STOMP, HEEL, HEEL, HEEL, STOMP, HEEL, HEEL, HEEL

1 Stomp R to right side
2-3-4 Face body left and Lower L Heel - 3 times (face front)
5 Stomp L to left side
6-7-8 Face body right and Lower R Heel – 3 times (face front)
(Option – Counts 1 to 4 - Move L Hand shoulder high to the left – 3 times)
(Option – Counts 5 to 8 – Move R Hand shoulder high to the right – 3 times.)

[17-24] DIAG BACK, TOG, DIAG BACK, TOUCH, SIDE, TOG, SIDE, TOUCH

1-2 R diag back (4:30), Step L beside R
3-4 R diag back (4:30), Touch L Ball beside R instep
5-6-7-8 Side step L, Step R beside L, Side step L, Touch R Ball beside L instep

[25-32] SWAY, HOLD, SWAY, HOLD, CIRCLE HIPS TWICE TO RIGHT (4 CTS)

1-2-3-4 Sway R, Hold, Sway L, Hold
5-6-7-8 (Circle Hips to the right over 2 counts) x 2
(Option – Counts 5 to 8 – Raise both hand overhead while circling hips to right)

BEGIN AGAIN

TAG – 8 COUNTS (If starting on heavy beats – after 4th dance pattern – If starting on vocals – after 3rd dance pattern) repeating counts 25-32.

[1-8] SWAY, HOLD, SWAY, HOLD, CIRCLE HIPS TWICE TO RIGHT (4 CTS)

1-2-3-4 Sway R, Hold, Sway L, Hold
5-6-7-8 (Circle Hips to the right over 2 counts) x 2
(Option – Counts 5 to 8 – Raise both hand overhead while circling hips to right)

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