

I Got All You Need

拍数: 32 墙数: 2 级数: Beginner
编舞者: Matt Atkinson (UK) - July 2012
音乐: I Got All You Need - Joe Bonamassa : (Album: Driving Towards The Daylight - 3:04)



Intro: 16 counts, approx 13 seconds - (no restart, no tag)

[1 – 8] Cross, Step, Back-Rock, Recover, Kick-Ball-Cross, Side Chasse R

1 – 2 (1) cross step right over left, (2) step left to left side
3 – 4 (3) rock back right, (4) recover weight onto left
5 & 6 (5) slightly kick right foot diagonally forward, (&) step weight onto right foot, (6) step left over right
7 & 8 (7) step right to right side, (&) step left next to right, (8) step right to right side End: 12 o'clock wall

[9 – 16] Back, Touch, Step- ¼ Pivot, Jazz Box

9 – 10 (9) small step back on left, (10) touch right next to left
11 – 12 (11) small step forward on right, (12) pivot ¼ turn left over left shoulder (to face 9 o'clock wall)
13 – 14 (13) cross step right over left, (14) step back left
15 – 16 (15) step right to right side, (16) touch left next to right End: 9 o'clock wall

[17 – 24] Hip Roll, Hip Roll, Chasse ¼ Left, Step ½ pivot

17 – 18 (17) roll hips anti-clockwise to the left, (18) roll hips anti-clockwise to the right
19 – 20 (19) roll hips anti-clockwise to the left, (20) roll hips anti-clockwise to the right
21 & 22 (21) step left to left making a 1/8 turn left, (&) step right next to left, (22) step left to left making a 1/8th turn left
23 – 24 (23) step forward on right, (24) pivot ½ turn left End: 12 o'clock wall

[25 – 32] Rock, Recover, Step ½ Pivot, and step, heels, knee-knee (elvis knees)

25 – 26 (25) step right forward, (26) recover weight onto left
27 – 28 (27) step right forward, (28) pivot ½ left
&29 (&) small step to the right diagonal, (29) small step to the left diagonal to bring left in line with right
&30 (&) lift both heels and slightly bend both knees, (30) drop both heels and straight both knees
31 – 32& (31) bend right knee inward, (32) bend left knee inward while straightening right knee, (&) straighten left, slight lift right foot to go into count 1. End: 6 o'clock wall

NOTES:

17 – 20 Optional: The hip rolls coincide with lyrics "I got good time when you get lonesome", "if you wanna have fun" and "I got love for you". Try and make the hip rolls 'sexy' by slightly bending left knee to the left diagonal.