

I Got This

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Georgina Dixon (UK) - July 2014
音乐: I Got This - Jennifer Hudson : (Album: I Remember Me)



Start the dance on beat 16 with starting lyrics 'Packed all my clothes'- No Tags/Restarts

(1-8&) Forward rock $\frac{3}{4}$ turn sweep cross side back rock step, $\frac{1}{4}$ back, walk, walk , behind side cross, rock, Recover

1&2 R Rock forward recover, step down on R making a $\frac{3}{4}$ sweep over R shoulder sweeping L (9oclock)
3&4& L cross in front, R to R side L rock behind recover
5 6 Walk back on slight angle(10oclock) R walk back (11oclock) (almost $\frac{1}{4}$ turn)
7&8& Step L behind R squaring up to 12oclock, R to R side, L rock cross over R and recover

(9-16&) Left rock recover , spiral $\frac{3}{4}$ turn shuffle forward, forward rock step, back cross, chase $\frac{3}{4}$ turn

1 2 Rock L to L side recover putting weight back on R whilst making a spiral $\frac{3}{4}$ over L shoulder (3oclock)
3&4 Shuffle forward L R L
5&6 R rock forward recover, Step R back
7&8& Cross L over right, step R back, Step L R making a $\frac{3}{4}$ chase turn over L shoulder (6oclock)

(17-24&) Step sweep, cross rock, side rock, cross back, walk, walk, back rock $1\frac{1}{4}$ turn

1 2& Step L sweeping right over, R Cross rock over L recover
3&4& R side rock recover, Step R across L, Step L back
5 6 Walk back R then L
7&8& R rock back recover, Step R $\frac{1}{2}$ turn over L shoulder, step L $\frac{3}{4}$ turn over L shoulder (3 o'clock)

(25-32&) Sway x 2 behind $\frac{1}{4}$ side, slow rock recover, back rock pivot $\frac{1}{2}$ turn

1 2 Sway R to R side, Sway L to L side
3&4 Step R behind L, Step L forward making a $\frac{1}{4}$ turn, Step R to R side
5 6& L Slow rock behind R and recover , step L to L side
7&8& Right rock back and recover, step R forward pivot $\frac{1}{2}$ turn over L shoulder and replace weight onto L

Start again

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Last Update - 30th Sept 2014