

Get On With It!

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Gaye Teather (UK) - March 2015
音樂: Get on with It - Dave Sheriff : (CD: Mucho Mas Por Favor)



#32 count intro - Dance rotates in CCW direction

Walk Right. Left. Right. Flick. Walk Left. Right. Left. Flick

- 1 – 2 Walk forward Right. Left
- 3 – 4 Walk forward Right Flick Left foot out and back
- 5 – 6 Walk forward Left. Right
- 7 – 8 Walk forward Left. Flick Right foot out and back

Cross Rock. Side. Touch. Vine quarter turn Left. Brush

- 1 – 2 Cross rock Right over Left. Recover onto Left
- 3 – 4 Step Right to Right side. Touch Left beside Right
- 5 – 6 Step Left to Left. Cross Right behind Left
- 7 – 8 Quarter turn Left stepping forward on Left. Brush Right forward (Facing 9 o'clock)

Option: Steps 5 – 7 can be replaced with a rolling vine turning 1. ¼ turns Left

Cross. Back. Back. Cross. Back. Back. Cross. Hold & clap

- 1 – 2 Cross Right over Left. Step back on Left
- 3 – 4 Step back on Right. Cross Left over Right
- 5 – 6 Step back on Right. Step back on Left
- 7 – 8 Cross Right over Left. Hold & clap

Side rock. Cross. Clap. Point & hip bumps

- 1 – 2 Rock Left to Left side. Recover onto Right
- 3 – 4 Cross Left over Right. Hold & clap
- 5 – 6 Point Right toe to Right side bumping hips Right. Bump hips Left
- 7 – 8 Bump hips Right. Left (Weight remains on Left)

Start again
