Let's Get It On AR

級數: Low Intermediate

編舞者: Anna REVERT (AND) - May 2015

音樂: Marvin Gaye (feat. Meghan Trainor) - Charlie Puth

Start with lyrics when says "...and get it ON"

[1 - 8&] SIDE STEP, LEFT ROCK FORWARD, LEFT SHUFFLE BACK, RIGHT ROCK BACK, 1/2 TURN SHUFFLE

1 R step to R side

拍數: 32

- 2-3 L rock forward, recover on R
- 4&5 L shuffle back stepping L, R, L
- 6-7 R back rock turning body to the R facing 6:00, recover on L facing 12:00
- 8& ½ turn step R forward, L lock behind R

[9 - 16&] LEFT ROCK FORWARD, LEFT SHUFFLE BACK, SIDE ROCK, ¼ SAILOR STEP

- 1 R step forward
- 2-3 L Rock forward, recover on R
- 4&5 L shuffle back stepping L, R, L
- 6-7 R rock to R side, recover on L (with sway)
- 8& R behind L, ¼ turn L and step L forward

[17 - 24&] LEFT STEP, ½ TURN RIGHT, SCISSOR STEP, RIGHT SWEEP, SHUFFLE BACK

- 1 R step forward
- 2-3 L step forward, ¹/₂ turn to R (leave weight on R)
- 4&5 L step to L side, R together to L, L cross over R
- 6-7 R sweep back to front, step R forward
- 8& L step back, R lock step in front of L

[25 -32&] RIGHT KICK BALL CHANGE, STEP ½ TURN STEP, STEP ½ TURN STEP, CHASSE

- 1 L step back
- 2&3 R kick forward, step in place on R ball, L step forward
- 4&5 R step forward, ¹/₂ to L, step R forward
- 6&7 L step forward, ¹/₂ to R, step L forward
- 8& R step to side, L together to R

Start the dance again

When the music ends after count 12&13 (L back shuffle), finish with R point on R side

I hope you enjoy it !!!

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牆數:4