

Come N' Get It

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lorna Mursell (UK) - August 2015
音樂: Come and Get It - John Newman



Dance Starts On The Word "Crazy"

*1 Restart 1 Tag & Restart

SEC 1) SIDE, BEHIND, CROSS, HEEL, CROSS, HEEL, ROCK, REC

1-2 Step right to right side, step left behind right
&3&4 Step right to right side, cross left over right, step right to right side, touch left heel diagonally forward left
&5&6 Step on to left foot, cross right over left, step left to left side, touch right heel diagonally forward right
&7-8 Step on to right foot, rock forward on left, recover on to right

SEC 2) SAILOR 1/4 TURN LEFT, HEEL SWITCHES, WALK R, WALK L, FORWARD SHUFFLE

1&2 Cross left behind right making 1/4 turn left, step right beside left, step forward on left
3&4& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
5-6 Walk forward right, walk forward left
7&8 Step forward on right, step left beside right, step forward on right

SEC 3) LEFT FORWARD ROCK, REC, RIGHT FORWARD ROCK, REC, SHUFFLE 1/2 RIGHT X2

1-2& Rock forward on left, recover on to right, changing weight step on to left
3-4 Rock forward on right, recover on to left,
5&6 Step right 1/4 turn right, step left beside right, step right 1/4 turn right
7&8 Step left 1/4 turn right, step right beside left, step left 1/4 turn right

SEC 4) BACK ROCK, REC, KICKBALL, CROSS, SIDE, HOLD, SIDE, TOUCH

1-2 Rock back on right, recover on to left
3&4 Kick right foot forward, step right foot in place, cross left over right
5-6 Step right to right side & hold
&7-8 Step left beside right, step right to right side, touch left beside right

SEC 5) CROSS ROCK, REC, SHUFFLE 1/4 TURN LEFT, FULL TURN LEFT, FORWARD MAMBO

1-2 Cross rock left over right, recover on to right
3&4 Step on to left making 1/4 turn left, step right beside left, step forward on left
Restart here during wall 2 (12 o'clock)
5-6 Turn 1/2 turn left stepping back on right, turn 1/2 turn left stepping forward on left
7&8 Rock forward on right, rock back on left, step back on right

SEC 6) SWEEP, SWEEP, COASTER STEP, RIGHT HIP BUMPS, LEFT HIP BUMPS

1-2 Sweep left foot out behind right foot stepping on to left foot, sweep right foot out behind left foot stepping on to right foot
3&4 Step back on left, step right beside left, step forward on left
5&6 Bump right hip forward & back
7&8 Bump left hip forward & back

SEC 7) CROSS, POINT, CROSS, POINT, FORWARD ROCK, REC, HEEL, HOLD

1-2 Cross right over left, point left toe to left side
3-4 Cross left over right, point right toe to right side
5-6& Rock forward on right, recover on to left, step on to right
7-8 Touch left heel forward & hold

SEC 8) STEP, CROSS, HOLD, SIDE ROCK, REC, SYNCOPATED WEAVE

&1-2 Step on to left, cross right over left & hold

3-4 Rock left to left side, recover on to right

Tag & Restart here during wall 3 (12 o'clock)

5&6& Step left behind right, step right to right side, cross left over right, step right to right side

7&8 Step left behind right, step right to right side, cross left over right

***10 COUNT TAG TO BE DANCED DURING WALL 3 (12 O'CLOCK)**

FORWARD ROCK, REC, HEEL, HOLD, STEP, CROSS HOLD & CLICK FINGERS FOR FOUR COUNTS

1-2& Rock forward on to left, recover on to right, step on to left

3-4 Touch right heel forward & hold

&5-6 Step on to right, cross left over right & hold

7-8 Click fingers twice

9-10 Click fingers twice

Last Update – 17th Aug 2015
