

# 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**

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