

Come and Get It

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Come and Get It - John Newman



S1: Rock, Recover, Lock, Rock, Recover, Lock (towards corners)

1, 2 Rock forward right, Recover onto left.
3 & 4 Step forward right, Lock left behind right, Step forward right.
5, 6 Rock forward left, Recover onto right.
7 & 8 Step forward left, Lock right behind left, Step forward left.

(Pop right shoulder down when you rock, pop right shoulder up when you recover. Also pop right knee up when you recover. Do the same on the left.)

S2: Cross, Back, Side Shuffle, Cross, Side, ¼ Sailor.

1, 2 Cross right over left, Step back on left.
3 & 4 Step right to right side, Step left next to right, Step right to right side.
5, 6 Cross left over right, Step right to right side.
7 & 8 Cross left behind right, 1/4 left stepping right next to left, Step left forward.

S3: Skate, Skate, ¼ Shuffle. Cross Rock, Side, Cross, Side.

1, 2 Skate right forward, Skate left forward.
3 & 4 Make ¼ turn left stepping right forward, Step left next to right, Step right to right side.
5 & 6 Cross rock left over right, Recover onto right, Step left to left side.
7, 8 Cross right over left, Step left to left side.

S4: Behind, ¼, Step, ¼ Shuffle, ½ Shuffle, Cross Shuffle.

1 & 2 Step right behind left, Make ¼ turn stepping left forward, Step forward right.
3 & 4 Make ¼ turn left stepping back on left, Step right next to left, Step left to left side.
5 & 6 Make ½ hinge turn right stepping right to right side, Step left next to right, Step right to right side.
7 & 8 Step left across right, Step right to right side, Step left across right.

S5: Rock, Recover x3 (with shoulder & knee pops) , Lock. (heading towards the corners)

1, 2 Rock right forward, Recover onto left.
3, 4 Rock right forward, Recover onto left.
5, 6 Rock right forward, Recover onto left.
7 & 8 Step forward on right, Lock left behind right, Step forward on right.

(Pop right shoulder down when you rock, pop right shoulder up when you recover. Also pop right knee up when you recover)

S6: Rock, Recover x3 (with shoulder & knee pops) , Lock. (heading towards the corners)

1, 2 Rock left forward, Recover onto right.
3, 4 Rock left forward, Recover onto right.
5, 6 Rock left forward, Recover onto right.
7 & 8 Step forward on left, Lock right behind left, Step forward on left.

(Pop left shoulder down when you rock, pop left shoulder up when you recover. Also pop left knee up when you recover)

S7: Rock, Recover x3 (with shoulder & knee pops) , Lock. (heading towards the corners)

1, 2 Rock right forward, Recover onto left.
3, 4 Rock right forward, Recover onto left.
5, 6 Rock right forward, Recover onto left.
7 & 8 Step forward on right, Lock left behind right, Step forward on right.

(Pop right shoulder down when you rock, pop right shoulder up when you recover. Also pop right knee up when you recover)

S8: Rock, Recover, Coaster, Point Switches, & Step, & Swivel

- 1, 2 Rock left forward, Recover onto right.
- 3 & 4 Step back left, Step right next to left, Step forward left.
- 5 & Point right to right side, Step right next to left
- 6 & Point left to left side, Step left next to right.
- 7 & 8 Stomp right forward, Swivel both heels right, Swivel both heels back to place. (weight ends on left)

Tags – Walls 2 and 5 after count 32

Step, ½ pivot, Step, ½ Pivot (with clicks)

- 1, 2 Step forward right, Make ½ turn left taking weight on left.
- 3, 4 Step forward right, Make ½ turn left taking weight on left.

Restart – Wall 4, 6 and 7 after count 32

End – Wall 8 replace ¼ sailor for a ½ sailor to finish facing the front

Smile & Enjoy

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