

Come And Get It

拍數: 32 牆數: 2 級數: Improver
編舞者: Annette Andresen (DK) - September 2015
音樂: Come and Get It - John Newman



Start the dance after the whistle intro, when he sings the word: crazy...

Note: There are 2 Tags. The first happens after end wall 3, facing 6.00 and the second happens after end wall 7, facing 12.00

Tag:

[1-4] □ 4 x 1/8 turning bounce L = ½ turn L

1 2 3 4 Lift heels up and down 4 x 1/8 turn L, making ½ circle

DANCE:-

[1-8] □ Swivel R L Center, hitch down point, together, Paddle ¼ turn L x 2, touch

1&2 Swivel R (1), L (&), center (2)

&3 4 hitch R (&), down (3), point L to the L (4)

5 6 7 8 step L next to R (5) touch R fw make a ¼ turn L (6), touch R make a ¼ turn L (7), touch R next to L (8) – 6.00

[9-16] □ Side together x 3, side, back rock ¼ turn L, ½ turn L, ¼ L together

1&2&3&4 Step R to R (1), step L next to R (&), step R to R (2), step L next to R (&), step R to R (3), step L next to R (&), step R to R (4)

5&6 Rock L behind R (5), recover on R (&), Make a ¼ turn L stepping fw L (6)

7 8 Make ½ turn L stepping back on R (7), make a 1/4 turn L stepping L together R – weight on both feet (8) – 6.00

[17-24] □ Back shuffle R, back shuffle L, Step back & pop L, step down L, step fw R L

1&2 Step back on R (1), step L beside R (&), step back on R (2)

3&4 Step back on L (3), step R beside L (&), step back on L (4)

5 6 Rock back R and pop L knee (5), step down on L (6)

7 8 Step fw on R (7), step L next to R (8) -12.00

[25-32] □ Point R & L, & touch fw R & L, & kick ball step, step back R, L

1&2 Point R to R (1), step R next to L (&), point L to L (2)

&3&4 Step L next to R (&), touch R fw (3), step R next to L (&), touch L fw (4)

& 5 & 6 Step L next to R (&), kick R (5), step down on R (&), step down on L (6)

7 8 Step back on R (7), step L next to R and take weight on both feet (8) – 6.00

Ending: The last wall ends facing 6.00. Please add a touch behind L and make ½ turn unwind over your R shoulder – facing 12.00

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