

Get up and Dance

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Shirley Blankenship (USA) - November 2015
音樂: Better When I'm Dancin' - Meghan Trainor



SIDE TOGETHER- SHUFFLE FORWARD (RIGHT AND LEFT)

1-2 Step Right Side, Drag Left Together
3&4 Shuffle Right Forward (RLR)
5-6 Step Left Side, Drag Right together
7&8 Shuffle Left Forward (LRL)

ROCK, RECOVER, COASTER (RIGHT AND LEFT)

1-2 Rock Right Forward , Recover on Left
3&4 Step Back on Right, Left Together. Forward on Right (RLR)
5-6 Rock Forward on Left, Recover on Right
7&8 Step Back on Left, Right together, Forward on Left (LRL)

FORWARD ON RIGHT, LOCK LEFT BEHIND, (AND) STEP, LOCK, STEP (Same on Left)

1-2 Step Forward on Right, Lock Left Behind Right
3&4 Step Right Forward, Lock left Behind, Step Right Forward (RLR)
5-6 Step Left Forward, Lock Right Behind Left
7&8 Step left Forward, Lock Right Behind, Left forward (LRL)

ROCK. RECOVER, 1/4 RIGHT, SHUFFLE, ROCK, RECOVER, COASTER

1-2 Rock Forward on Right, Recover on Left
3&4 1/4 Right On Right, Shuffle Forward (RLR)
5-6 Rock Forward on Left, Recover on Right
7&8 Step Back on Left, Right Together, Left Forward

Just Dance - Have Fun, Enjoy
