

# Gotta Lot of Rhythm

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Tonnie Vos (NL) - July 2016  
音樂: Gotta Lot of Rhythm in My Soul - Niamh Lynn



## Intro: 16 counts

**S1: R Point ,Touch ,Heel ,Hook ,R Lockstep L Point ,Touch ,Heel ,Hook ,L Lockstep**  
1&2&      Rf point toe right touch toe beside lf Rf touch heel fw Rf hook across lf  
3&4      Rf step fw ,lf cross behind rf ,Rf step fw  
5&6&      Lf point toe left touch toe beside rf Lf touch heel fw hook across rf  
7&8      Lf step fw, rf cross behind lf ,Lf stap fw

**S2: Rocking Chair ½ Pivot ¼ Pivot**  
1-2-3-4      Rf rock fw weight back on lf Rf rock bkw weight back on lf  
5-6-7-8      Rv step fw rv+lv ½ turn left(6) Rv step fw rv+lv ¼ turn left (3)

**S3: R Toestrut L Crossing Toe Strut Rocking Chair, R Toestrut L Crossing Toe Strut R Kick Fw 2x**  
1&2&      Rf step toe right drop heel down lf step toe across rf drop heel down  
3&4&      Rf rock fw weight back on lf Rf rock bkw weight back on lf  
5&6&      Rf step toe right drop heel down lf step toe across rf drop heel down  
7-8      Rf kick diagonal r 2x

**S4: R Cross Bw ,L Step Aside ,Cross Shuffle ,Siderock ,Cross Behind ,Step Right ,Lf Cross Rf**  
1-2      Rf step behind lf, lf step left  
3&4      Rf step across lf, lf step left , Rf step across lf  
5-6      Lf rock left weight back on Rf  
7&8      Lv step behind rf, Rv step right Lv step across rf

**S5: Shuffle ¼ Turn Right 2x Heel Strut Fw 4x**  
1&2      fv 1/8 right lf step beside Rv 1/8 right(6)  
3&4      Lv 1/8 right rv step beside Lv 1/8 right(9)  
5&6&      Rf step fw on heel, drop right toe lf step fw on heel, drop left toe  
7&8&      Rf step fw on heel, drop right toe lf step fw on heel, drop left toe

**S6: Step Touch 2x Chassé Right Step Touch 2x Chassé ¼ Left \***  
1&2&      Rf step right lf touch toe beside rf lf step left Rf touch toe beside lf  
3&4      Rf step right lf step beside rf Rf step right  
5&6&      Lf step left Rf touch toe beside lf Rf step right lf touch toe beside rf  
7&8      Lf step left step Rf beside lf, lf step ¼ fw (6)\*

**S7: Charleston 1/8 Pivot Left 2x**  
1-2-3-4      Rf touch toe fw, Rf step bkw lf touch toe bkw, lf step fw  
5-6-7-8      Rf step fw rf+lf 1/8 turn left Rf step fw rf+lf 1/8 turn left (3)

**S8: Rock Fw Shuffle ½ Turn Right 2x Mambo Bkw R Touch Toe Beside Left Feet**  
1-2      Rf rock fw weight back on lf  
3&4      Rf step ¼ turn right lf step beside rf Rf step ¼ turn right  
5&6      Lf step ¼ turn right Rf step beside lf lf step ¼ turn right  
7&8      Rf rock bkw weight back on lf Rf touch toe beside lf

\*Restart: on wall 4: dance the first 48 counts then restart from the beginning  
Ending: on wall 6: dance the first 8 counts

Then Rf rock fw, weight back on lf while turning  $\frac{1}{2}$  right, Rf step fw, Lf step beside rf

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