

Get Lit

拍數: 32 牆數: 2 級數: Improver
編舞者: Linda Scott (USA) - October 2016
音樂: Lit - Trace Adkins
或: Moves Like Jagger (feat. Christina Aguilera) - Maroon 5



No Tags, No Restarts - Start on 16 counts or 32 on lyrics

S1: Walk, Walk, ½ Turn Shuffle, Rock Recover, ½ Turn Shuffle

1, 2 Walk Right, Left (12:00)
3 & 4 ½ turning shuffle to the left (rlr) (6:00)
5, 6 Rock back on L, Recover on R
7 & 8 ½ turning shuffle to the right (lrl) (12:00)

S2: Walk Backwards, ½ Turn Shuffle, Rock Recover, ½ Turn Shuffle

1, 2 Walk back – Right, Left
3 & 4 ½ turning shuffle to the right (rlr) (6:00)
5, 6 Rock forward on Left, Recover on R
7 & 8 ½ turning shuffle to the left (lrl) (12:00)

S3: Step slide, Rock Recover, ¼ Shuffle, Step ½

1, 2 Step Right, slide left and touch next to right
3, 4 Rock back on left, Recover right
5&6 ¼ Shuffle to the left (lrl) (9:00)
7, 8 Step forward on right turning ½ to the left (3:00) (stepping forward on left)

S4: Right Jazz Box, Touch - Monterey ¼ Turn Right

1,2,3,4 Cross Step right over left. Step back on left. Step Right to right side. Place left
5,6 Touch Right ft to right side Make ¼ turn right stepping right beside left. (6:00)
7,8 Point Left toe out to left side. Step left beside right

Repeat -

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