

I Got This

COPPER KNOB
BY STEPHEN

拍數: 72 牆數: 0
編舞者: Flavia Ruzzier (IT) - January 2017
音樂: I Got This - Tate Stevens

級數: Phrased Intermediate



SEQUENCE: A-B-A-B(32)-TAG 1-A(32)-B(32)-TAG 2

Intro 16 counts

PART A: 36 counts

A1: SIDE ROCK RIGHT, STOMP RIGHT HOME, KICK BALL CHANGE LEFT, SIDE ROCK LEFT, STOMP LEFT HOME, KICK BALL CHANGE RIGHT

- 1&2 3&4 Side rock right, recover on left, stomp right home, kick right fwd, step right home, step left beside
5&6 7&8 Side rock left, recover on right, stomp left home, kick left fwd, step left home, step right beside

A2: STRIDE, SLIDE, ROCK STEP BACK, STOMP (RIGHT & LEFT)

- 1-2 3&4 Long step right side, slide left beside right (taking weight), rock right back, recover on left, stomp right beside
5-6 7&8 Long step left side, slide right beside left (taking weight), rock left back, recover on right, stomp left beside

A3: RIGHT TOE, HEEL, STEP, HEEL SPLIT, HEEL, HOOK, HEEL LEFT, COASTER STOMP LEFT

- 1&2 3&4& Step toe right side, step heel right side, step right over left, both heel out, in, out, in (weight on right)
5&6 7&8 Step heel left fwd, hook left over right, step heel left fwd, step left back, step right beside, stomp left fwd

A4: STEP LOCK STEP RIGHT, STEP LEFT FWD, ½ TURN RIGHT, STEP LOCK STEP LEFT, STEP RIGHT FWD, ½ TURN LEFT

- 1&2 3-4 Step right fwd, lock left behind, step right fwd, step left fwd, ½ turn right (weight on right)
5&6 7-8 Step left fwd, lock right behind, step left fwd, step right fwd, ½ turn left (weight on left)

A5: RIGHT JAZZ BOX

- 1-2-3-4 Cross right over left, step left back, step right side, cross left over right

PART B: 36 counts

B1: ROCK STEP CROSS JUMPING (RIGHT AND LEFT), TOE STRUT RIGHT SIDE TURNING ½ RIGHT, TOE STRUT LEFT ON PLACE

- 1&2&3&4& Rock cross right jumping and hook left back, recover on left and kick right fwd, rock cross right jumping and hook left back, recover on left, step right side, rock cross left and hook right back, recover on right and kick left fwd, rock cross left
5-6-7-8 Point right toe side, turning ½ on right drop right heel, point left toe beside, drop left heel

B2: ROCK RIGHT SIDE, RECOVER, STEP RIGHT HOME, ROCK LEFT SIDE, RECOVER, STEP LEFT HOME, ROCK STEP CROSS JUMPING (RIGHT AND LEFT)

- 1&2 Rock right side, recover on left, step right home
3&4 Rock left side, recover on right, step left home
1&2&3&4& Rock cross right jumping and hook left back, recover on left and kick right fwd, rock cross right jumping and hook left back, recover on left, step right side, rock cross left and hook right back, recover on right and kick left fwd, rock cross left

B3: TOE STRUT RIGHT SIDE, TOE STRUT LEFT CROSS OVER RIGHT, ROCK RIGHT SIDE, RECOVER, STEP RIGHT HOME, ROCK LEFT SIDE, RECOVER, STEP LEFT HOME

1-2-3-4 Point right toe side, drop right heel, cross left toe over right, drop left heel (taking weight)
5&6 Rock right side, recover on left, step right home
7&8 Rock left side, recover on right, step left home

B4: STEP LOCK STEP RIGHT, STEP LEFT FWD, ½ TURN ON RIGHT, STEP LOCK STEP LEFT, STEP RIGHT FWD, ½ TURN ON LEFT

1&2 3-4 Step right fwd, lock left behind, step right fwd, step left fwd, ½ turn right (weight on right)
5&6 7-8 Step left fwd, close right behind, step left fwd, step right fwd, ½ turn left (weight on left)

B5: RIGHT JAZZ BOX

1-2-3-4 Cross right over left, step left back, step right side, cross left over right

TAG 1: 2 X MONTEREY ¼, RIGHT JAZZ BOX

1-2-3-4 Point right toe to right side, turn ¼ right & step right, point left toe to left side, step left beside right
5-6-7-8 Point right toe to right side, turn ¼ right & step right, point left toe to left side, step left beside right
1-2-3-4 Cross right over left, step left back, step right side, cross left over right

TAG 2: 2 X MONTEREY ½, RIGHT JAZZ BOX

1-2-3-4 Point right toe to right side, turn ½ right & step right, point left toe to left side, step left beside right
5-6-7-8 Point right toe to right side, turn ½ right & step right, point left toe to left side, step left beside right
1-2-3-4 Cross right over left, step left back, step right side, cross left over right

Contact: flaviaruzzier@libero.it
