

U Got It Bad

拍數: 64 牆數: 2 級數: Intermediate
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音樂: U Got It Bad by Chelsea Refern (Dj Manuel Citro Bachata Remix)



Intro : 16 counts

[1-8] : Rock Step – Step – Touch – ¼ turn Jazz Box - Touch

1-2 Step RF forward – Recover on LF
3-4 Step RF backward – Touch L toe forward (hips bump)

(At wall 2 : Break – 4 counts hold)

5-6 Cross LF over RF – Make ¼ turn L stepping RF backward
7-8 Step LF to L – Touch R toe next to LF (hips bump)

[9-16] : Step Touch x 2 – Skate x2 – Triple Step

1-2 Step RF to R – Touch L toe next to RF (hips bump)
3-4 Step LF to L – Touch R toe next to LF (hips bump)
5-6 Skate RF to R – Skate LF to L
7&8 Step RF to R – Step LF next to R – Step RF to R

[17-24] : ¼ & ½ turn Step – Step Backward – Touch – ¼ turn Step x2 – Touch - Flick

1-2 Make ¼ turn L stepping LF forward – Make ½ turn L stepping RF backward
3-4 Step LF backward – Touch R toe forward (hips bump)
5-6 Make ¼ turn R stepping RF forward – Make ¼ turn R stepping LF backward
7-8 Touch R toe forward – Flick RF backward

[25-32] : Jazz Box – Step – Hold – Step – Jump

1-2 Cross RF over LF – Step LF backward
3-4 Step RF to R – Cross LF over RF
5-6 Step RF to R - Hold
&7-8 Step LF next to RF – Step RF to R – Jump on place with both feet

[33-40] : Heel Grind x2 – Cross – Hold – Mambo Cross

1-2 Cross R heel over LF – Turn toe from L to R and step LF to L
3-4 Cross R heel over LF – Turn toe from L to R and step LF to L
5-6 Cross RF over LF – Hold
7&8 Step LF to L – Recover on RF – Cross LF over RF

[41-48] : Step – Cross – Step – Touch – Rolling Vine – Touch

1-2 Step RF to R – Cross LF over RF
3-4 Step RF to R – Cross L toe over RF
5-6 Making ¼ turn L stepping LF forward – Making ½ turn L stepping RF backward
7-8 Making ¼ turn L stepping LF forward – Touch RF next to LF

49-56 : Step Touch – Step Hook – ¼ turn Step Hitch x2

1-2 Step RF forward – Touch L toe behind RF
3-4 Step LF backward – Hook RF over L
5-6 Step RF forward – Make ¼ turn R making hitch L knee
7-8 Step LF forward – Make ¼ turn L making hitch R knee

[57-64] : Mambo ¼ turn Step – Mambo Step – Sway x3 - Jump

1&2 Step RF forward – Recover on LF – Make ¼ turn R stepping RF to R

3&4 Cross LF over RF – Recover on RF – Step LF to L
5-6 Sway to the R – Sway to the L
7-8 Sway to the R – Jump on place with both feet

Break : At wall 3, make the first 4 counts and make a 4 counts hold before you continue the dance.

TAG : At the end of wall 3, do the next section 2 times

Rock Step – Out Out :

1-2&3 Step RF forward – Recover on LF – Step RF to R – Step LF to L and open your arms, hands beside you hips

Step – Cross – Bend Over :

4-5-6 Step RF to R and put your R hand to L in front of you – Cross LF behind RF and put your L hand to R under R arm – Uncross you arms to the outside and going down

Step Sweep x 2 – Touch – ½ turn

7&8& Step LF backward and sweep RF from the front to the back – Step RF backward and sweep LF from the front to the back – Touch L toe backward – Make ½ turn L and put your weight on LF

Step Turn :

9-10 Step RF forward – Make ½ turn L and put your weight on LF

Ending : At wall 5, do the first 56 counts and walk off the floor
