

I Got This

拍數: 48 牆數: 3 級數: Intermediate
編舞者: Randy Pelletier (USA) - October 2017
音樂: I Got This - Jerrod Niemann



Intro: 16 Counts / Starts on Lyrics

Phrasing 48 – 48 – 32 – 48 – 48 – 32 – 32 – 32

[1-8] WALK, WALK, SHUFFLE, ROCK, RECOVER, ½ LEFT SHUFFLE

1 - 2 Step right forward, step left forward,
3 & 4 Step right, forward, step left next to right, step right forward
5 - 6 Rock left forward, recover weight to right
7 & 8 Turn ¼ left stepping left to side, step right next to left, turn ¼ left stepping left forward

[9 - 16] WALK, WALK, SHUFFLE, ROCK, RECOVER, ¼ LEFT SAILOR

1 - 2 Step right forward, step left forward,
3 & 4 Step right, forward, step left next to right, step right forward
5 - 6 Rock left forward, recover weight to right
7 & 8 Turning ¼ left, swing / step left foot behind right, step right to side, step left to side

[17 - 24] POINT RIGHT, POINT LEFT, RIGHT HEEL, LEFT HEEL, ROCK, RECOVER, SHUFFLE

1 & 2 & Point right toe to right side, step right next to left, point left toe to left side, step left next to right
3 & 4 & Touch right heel forward, step right next to left, touch left heel forward, step left next to right
5, 6 Rock right forward, recover weight to left
7 & 8 Step right, forward, step left next to right, step right forward

[25 - 32] ROCK, RECOVER, COASTER STEP, ½ LEFT PIVOT, ¼ LEFT PIVOT

1 - 2 Rock left forward, recover weight to right
3 & 4 Step left back, step right next to left, step left forward
5 - 6 Step right forward, turn ½ left shifting weight to left
7 - 8 Step right forward, turn ¼ left shifting weight to left

Do only 32 Counts on walls 3,6,7,8

[33 - 40] CROSS, SIDE, BEHIND, POINT LEFT, CROSS, KICK, BEHIND, SIDE, CROSS

1 - 4 Cross step right over left, step left to side, step right behind left, point left to side
5, 6 Cross step left over right, kick right foot diagonally forward right
7 & 8 Step right behind left, step left to side, cross step right over left

[41 - 48] SIDE ROCK, RECOVER, ¼ LEFT SAILOR, KICKBALL CHANGE, ½ PIVOT LEFT

1 - 2 Rock left to side, recover weight to right
3 & 4 Turning ¼ left, swing / step left foot behind right, step right to side, step left to side
5 & 6 Kick right forward, step down on right, step down on left
7 - 8 Step right forward, turn ½ left shifting weight to left

REPEAT

Last Update - 22nd Jan. 2018