

I Got This

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Todd Robishaw (USA) - March 2018
音樂: I Got This by Jerrod Neiman



Dance starts 16 counts in on the vocals, weight is left

(1-8) KICK BALL CHANGE X2, FORWARD ROCK, COASTER BACK

1&2 Kick right ft forward and slightly down, step back on ball of right ft, change weight to left foot
3&4 Repeat 1&2
5-6 Rock forward on right foot, recover weight to left
7&8 Step back on right, bring left next to right, step forward on right foot

(9-16) PIVOT ½ RIGHT, TRIPLE FORWARD, PIVOT ¼ LEFT, CROSSING TRIPLE

1-2 Step forward on left, pivot ½ turn right as you shift your weight forward to right ft
3&4 Step forward on left, bring right ft. next to left, step forward on left
5-6 Step forward on right, pivot ¼ turn left as you shift your weight to left foot
7&8 Cross right over left ,take a small step to side on left ft, cross right over left

(17-24) SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND AND STEP

1-2 Rock to side on left foot, recover weight to right
3&4 Cross left behind right, step to side on right, cross left over right foot
5-6 Rock to side on right foot, recover weight left
7&8 Cross right behind left, step to side on left, step forward on right foot

(25-32) PIVOT ½ TURN RT, TRIPLE FORWARD, ¼ TURN LEFT WITH HIP ROLL

1-2 Step forward on left, pivot ½ turn right as you shift your weight forward to right ft
3&4 Step forward on left, bring right next to left, step forward on left foot
5-8 Turn a ¼ left with a right to left hip roll 5,6,7,8

* Restart here on wall 3 facing 6 o'clock, and on wall 6 facing 12 o'clock

(33-40) TRIPLE RIGHT, BACK ROCK, TRIPLE LEFT, BACK ROCK

1&2 Step to side on right foot, bring left next to right, step to side on right
3-4 Rock back on left foot, recover weight to right
5&6 Step to side on left foot, bring right next to left, step to side on left
7-8 Rock back on right foot, recover weight to left

(41-48) SIDE ROCK, FORWARD ROCK, BACK ROCK, TURN TURN

1-2 Rock to side on right foot, recover weight left
3-4 Rock forward on right, recover weight left
5-6 Rock back on right, recover weight left
7-8 Turn ½ left as you step back on right foot, turn ½ left as you step forward on left foot

(Simple option: walk forward right, left)

Dance starts again. Enjoy!

This dance has two Restarts.

The first is on wall 3, Restart after 32 counts. You will be facing 6 o'clock.

The second is on wall 6, Restart after 32 counts. You will be facing 12 o'clock

Questions or comments?

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