

# I Got This

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Betty Moses (USA) - April 2018  
音樂: I Got This - Jerrod Niemann



## Intro: 16 Counts

### S1: Step Back, Draw, Coaster Step, Pivot ¼ Turn (2Xs)

1-2            Step back on R, Draw L back toward R  
3&4           Step back on L, Step R next to L, Step L forward  
5-6           Step R forward, Pivot ¼ left [9:00]  
7-8           Step R forward, Pivot ¼ left [6:00]

### S2: Cross/Side, Sailor Step, Cross/Side Sailor ¼ Turn

1-2           Step R over L  
3&4           Right sailor step  
5-6           Step L over R  
7&8           Left sailor ¼ turn [3:00]

### S3: Walk Forward R-L, Triple Forward, Rock Forward/Recover, ½ Turning Triple

1-2           Step forward on R, Step forward on L  
3&4           Triple forward R-L-R  
5-6           Rock Forward on L, Recover weight on R  
7&8           Triple ½ turn over left shoulder L-R-L [9:00]

### \*\*\*\*\*Wall 5: Tag & Restart\*\*\*\*\*

### S4: Vine, Pivot ½ Turn, ½ Turn, ½ Turning Triple

1-3           Step R to side turning ¼ left, Step L behind R, Step R forward turning ¼ right [9:00]  
4-5           Pivot ½ right [3:00]  
6            Step back on L turn ½ right [9:00]  
7&8           Triples step turning ½ over right shoulder R-L-R [3:00]

### S5: Rock Forward/Recover, Out-Out, Knee Pop, ¼ Turn Jazz Box/Cross Over

1-2           Rock forward on L, Recover weight on R  
&3&4          Step back on L, Step back & out on R, Raise heels/pop knees, Recover weight on L  
5-8           Cross R over L, Step back on L turning right, Step R to side, Cross L over R [6:00]

### S6: Syncopate Weave, Side Rock/Recover/Cross, Side Rock/Recover, Step Back

1-2&3          Step R to side, Step L behind R, Step R to side, Cross L over R  
4&5           Rock R to side, Recover weight on L, Cross R over L  
6-7           Rock L to side (Sway hips left), Recover weight on R (Sway hips right)  
8            Step back on L

### \*Wall 5: Tag & Restart

Dance the first 24 counts of the Dance

\*8 Count Tag: Jazz box ¼ right (12:00), V Step

Restart the dance facing 12:00