

Getting Stronger

拍數: 64 牆數: 4 級數: Improver

編舞者: Lynne Martino (USA) - March 2018

音樂: Come So Far (Got So Far to Go) - Elijah Kelley, Zac Efron, Queen Latifah & Nikki Blonsky : (Amazon mp3)



Start after 32 cts on vocals

[1-8] STEP, 2 SWIVELS, STEP, STEP, 2 SWIVELS, STEP

1-4 Step on R (1), swivel right toes out, in (2,3), step on R(4)

5-8 Step on L (5), swivel left toes out, in (5,6), step on L(8)

[9-16] LOCK STEPS

1-4 Step R forward (1), lock L behind R (2), step R forward (3), scuff L forward (4)

5-8 Step L forward (5), lock R behind L (6), step L forward (7), scuff R forward (8)

**RESTART 2 (Wall 4)

[17-24] STEP, HOLD, ½ TURN HOLD, STEP, ¼ PIVOT, CROSS

1-4 Step R forward (1) Hold (2), making ½ pivot turn left stepping L forward (3), Hold (4)

5-8 Step R forward (5), pivot ¼ left placing weight on L (6), cross R over L (7), Hold (8)

[25-32] ROCK, RECOVER, WEAVE, ROCK, RECOVER, TOUCH

1-5 Rock L to left side (1), recover on R (2), step L behind R (3), step R to right side (4), cross L over R (5)

6-8 Rock R to right side (6), recover on L (7), touch R next to L (8)

*RESTART 1 (Wall 2)

[33-40] STEP, TOGETHER, STEP, TOUCH

1-4 Step R to ride side, step L next to R, step R to right side, touch L (1-4)

5-8 Making ¼ turn left, step L to left side, step R next to L, step L to left side, Touch R (5-8)

[41-48] STEP, TOGETHER, STEP, TOUCH

1-4 Step R to right side, step L next to R, step R to right side, touch L (1-4)

5-8 Making ¼ turn left, step L to left side, step R next to L, step L to left side, touch R (5-8)

[49-56] HEEL TAP, STEP, HEEL TAP, STEP, SIDE TOUCH, STEP, SIDE TOUCH, STEP

1-4 Tap R heel forward (1), step down on R (2), tap L heel forward (3), step down on L (4)

5-8 Touch R out to right side (5), step R next to L (6), touch L out to left side (7), Step L next to R (8)

[57-64] WALK BACK, KICK, WALK FORWARD, BRUSH

1-4 Walk back R, L, R (1-3), kick L forward (4)(lean back a little when kicking forward)

5-8 Walk forward L, R, L, brush R (5-8)

*Restart 1: Wall 2 after 32 cts .facing 12:00

**Restart 2: Wall 4 after 16 cts. facing 9:00

Choreographed by Lynne Martino, wiska51@aol.com, martinolynne@gmail.com

Facebook- Lynne's Dance Crew