

Get It & Hit It

拍數: 80 牆數: 2 級數: Phrased Intermediate - Soul
編舞者: Helen Woods (USA) - December 2018
音樂: Get It and Hit It - Stan Mosley : (Album: Soul Resurrection - 4:11)



Music available at <http://stanmosleysoul.com/discography>
Step sheet prepared by Harry Woods

#32 count intro after short (about 7.5 seconds) lead in, support on left
Phrase Sequence: A B A B A B* B* B* B until end (B* is B with a step change – see detail)

Part A – 48 counts

SECTION A1: ROCK FORWARD RECOVER, BACK, ROCK BACK RECOVER, STEP, STEP (TURN ½) REPLACE (TURN ½), BACK, ROCK BACK RECOVER, STEP

1&2 Rock right forward, recover left, step right back
3&4 Rock left back, recover right, step left forward
5&6 Step right forward then turn ½ left, replace left then turn ½ left, step right back
7&8 Rock left back, recover right, step left forward

SECTION A2: SIDE ROCK RECOVER, TOGETHER, SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK RECOVER, CROSS SIDE, CROSS SIDE, CROSS

1&2 Rock right to side, recover left, step right together
3&4 Rock left to side, recover right, step left together
5& Rock right to side, recover left
6& Step right across left, step left to side
7& Step right across left, step left to side
8 Step right across left

SECTION A3: SIDE ROCK RECOVER, TOGETHER, SIDE ROCK RECOVER, TOGETHER, SIDE ROCK RECOVER, CROSS SIDE, BEHIND (TURN ¼) STEP, STEP

1&2 Rock left to side, recover right, step left together
3&4 Rock right to side, recover left, step right together
5& Rock left to side, recover right
6& Step left across right, step right to side
7& Step left behind right then turn ¼ right, step right forward
8 Step left forward

SECTION A4: STEP (TURN ¾) REPLACE, SIDE, ROCK BACK SIDE, ROCK BACK SIDE, DOUBLE BUMP, DOUBLE BUMP

1&2 Step right forward then turn ¾ left, replace left, step right to side
3&4 Rock left back opening to left diagonal, recover right, step left to side
5&6 Rock right back opening to right diagonal, recover left, step right to side
7 Double bump hips right (body roll as an option)
8 Replace left double bumping hips left (body roll as an option)

SECTION A5: KICK BALL, KICK BALL, CROSS SIDE, KICK BALL, KICK BALL, KICK BALL, CROSS SIDE, KICK BALL

1& Low kick right forward, step ball of right beside left
2& Low kick left forward, step ball of left beside right
3& Step right across left, step left to side
4& Low kick right forward, step ball of right beside left
5& Low kick left forward, step ball of left beside right
6& Low kick right forward, step ball of right beside left

- 7& Step left across right, step right to side
8& Low kick left forward, step ball of left beside right

SECTION A6: CROSS SIDE, KICK BALL, CROSS SIDE, KICK BALL, STEP (TURN ½), REPLACE, STEP (TURN ½), REPLACE

- 1&2& Step right across left, step left to side, low kick right diagonally forward, step ball of right beside left
3&4& Step left across right, step right to side, low kick left diagonally forward, step ball of left beside right
5-6 Step right forward then turn ½ left, replace left
7-8 Step right forward then turn ½ left, replace left

Part B – 32 counts

SECTION B1: STEP, TOGETHER, STEP TOGETHER, STEP, STEP, TOGETHER, STEP TOGETHER, STEP

Face forward during this section and, optionally, add knee pops.

- 1-2 Step right along right diagonal, step left together
3&4 Step right along right diagonal, step left together, step right along right diagonal
5-6 Step left along left diagonal, step right together
7&8 Step left along left diagonal, step right together, step left along left diagonal

SECTION B2: BACK x 3, TOGETHER, SIDE ROCK RECOVER, TOGETHER, SIDE ROCK RECOVER, TOGETHER

- 1-4 Step right back, step left back, step right back, step left together
5&6 Rock right to side, recover left, step right together
7&8 Rock left to side, recover right, step left together

SECTION B3: STEP, TOGETHER, STEP TOGETHER, STEP, STEP, TOGETHER, STEP TOGETHER, STEP

Face forward during this section and, optionally, add knee pops.

- 1-2 Step right along right diagonal, step left together
3&4 Step right along right diagonal, step left together, step right along right diagonal
5-6 Step left along left diagonal, step right together
7&8 Step left along left diagonal, step right together, step left along left diagonal

SECTION B4: BACK x 3, TOGETHER, ROCK FORWARD RECOVER, TOGETHER, ROCK BACK RECOVER, TOGETHER

- 1-4 Step right back, step left back, step right back, step left together
5&6 Rock right forward, recover left, step right back
7&8 Rock left back, recover right, step left forward

For B* replace 7&8 with the following steps

- 7&8 Step left back then turn ¼ right, step right to side, step left forward
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