

Get Off!

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Andrico Yusran (INA) - June 2019
音樂: GET OFF MY DICK - ILIRA : (Official Video)



Phrased : ABB ABB B(Restart) B B
Restart : On wall 7 part B after 8 counts
Start Dance after 32 counts (Lyrics)

A1# WALK FORWARD - BOTAFOGO - PIVOT 1/2 TO R - FORWARD SHUFFLE

1-2 Step R forward , L forward
3&4 Step R cross over L , L to side , R in place
5-6 Step L forward 1/2 turn to R , R in place ,
7&8 Step L forward , R close beside L , L forward

A2# WALK FORWARD - BOTAFOGO - PIVOT 1/2 TO R - FORWARD SHUFFLE

1-2 Step R forward , L forward
3&4 Step R cross over L , L to side , R in place
5-6 Step L forward 1/2 turn to R , R in place ,
7&8 Step L forward , R close beside L , L forward

A3# SIDE - CLOSE - CHASSE - CROSS ROCK - SIDE CHASSE

1- 2 Step R to side , L close beside R
3&4 Step R to side , L close beside R , R to side
5-6 Step L cross over R , R recover
7&8 Step L to side , R close beside L , L to side

A4# WEAVE - CROSS - SIDE - SAILOR 1/4 TO L

1-2 Step R cross over L , L to side
3-4 Step R cross behind L , L to side touch (weight on R)
5-6 Step L cross over R , R to side
7&8 Step L cross behind R , R to side , L 1/4 turn to L forward (face 9.00)

B1# HEEL JACKS - FORWARD ROCK - BACK - FORWARD - HITCH

&1&2 Step R to side , L heel diagonal to L , L tap in place , R cross over L
&3&4 Step L to side , R heel diagonal to R , R tap in place , L forward
5-6 Step R push forward , L tap recover in place
&-7-8 Step R close beside L , L forward , R knee Up

(Restart here On wall 7)

B2# SIDE TOUCH - FLICK - SIDE CHASSE 1/4 TO R - PIVOT 1/2 TO R - LOCK SHUFFLE

1-2 Step R to side touch , R heel up cross behind L
3&4 Step R to side , L close beside R , R 1/4 turn to R forward
5&6 Step L forward 1/2 turn to R , R in place , L forward
7&8 Step R forward , L cross behind R , R forward

B3# SIDE TOUCH - HITCH - CROSS SHUFFLE - MONTEREY 1/4 TO R

1-2 Step L to side touch , L knee up forward
3&4 Step L cross over R , R to side , L cross over R
5-6 Step R to side touch , R close beside L 1/4 turn to R
7-8 Step L to side touch , L close beside R

B4# V STEPS - SIDE SAMBA - SIDE - CROSS - 1/4 TO L

1-2 Step R forward diagonal to R , L to side
3-4 Step R back , L close beside R
5&6 Step R to side , L cross behind R , R tap in place
7&8 Step L to side , R cross behind L , L 1/4 turn to L forward

Enjoy The Dance

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