

The Git Up (C)

拍數: 64 牆數: 0 級數: Improver Contra
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音樂: The Git Up - Blanco Brown : (iTunes)



Start by finding a Partner and stand about 4 feet from them face to face

Triple Forward Diagonal, Triple Forward Diagonal, Back Touch x 4

1&2 Step R diagonal forward (1), Step L next to R (&), Step R diagonal forward (2)

3&4 Step L diagonal forward (3), Step R next to L (&), Step L diagonal forward (4)

This is where you would put your hands up to hip level and push your hands forward in the direction of you shuffling

5&6& Step R diagonal back (5), touch L next to R (&), Step L diagonal back (6), Touch R next L(&)

7&8& Step R diagonal back (5), touch L next to R (&), Step L diagonal back (6), Touch R next L(&)

Full Turn - 1/4 Turn x 4

1-8 Step R forward (1), Pivot 1/4 turn over L shoulder (2) Repeat x 4 to end back on 12:00

While making the full turn, swing your arm above your head as if you are swinging a lasso

Cross Triple, Body Roll Sit, Bump Forward, Roll Back Sit

1&2 Cross R over L (1), Step L to side (&), Cross R over L (2)

3,4 Roll upper body from head to hips (3), Step L side as you are "sitting" on L (4) (Facing 1:00)

5&6 Bump/Rock your chest forward/side to side, to your partner R,L,R (whatever feels good to you!)

7,8 Roll upper body from head to hips (3), Step L side as you are "sitting" on L (4) (Facing 1:00)

Triple Forward, Triple Forward, 1/4 Turn, 1/4 Turn Flick

1&2 Step R forward (1), Step L next to R (&), Step R forward(2)(Square up to front wall with triple)

3&4 Step L forward (3), Step R next to L (&), Step L forward (4)

This is where you will pass your partner! You will pass them by your right shoulder

5,6 Step R forward (5), Pivot 1/4 turn over L shoulder (6) (9:00)

7,8 Step R forward (7), Pivot 1/4 turn over L shoulder and flick L behind R (6:00)

You should have now changed spots with your partner

Step Side L x 4, Step Side R x 4

1&2& Step L side (1), Step R next to L (&), Step L side (2), Step R next to L (&)

3&4 Step L side (3), Step R next to L (&), Step L side (4)

5&6& Step R side (5), Step L next to R (&), Step R side (6), Step L next to R (&)

7&8 Step R side (7), Step L next to R (&), Step R side (8)

Play with the lyrics here, each time will be different. Make it fun!

Walk back x 4, Bump hip x 4

1-4 Step back L (1), Step back R (2), Step back L (3), Step back R (4) Walk back with attitude!!!

5,6 Bump L hip up (5), Bump L hip up (6)

7,8 Bump L hip up (7), Bump L hip and step down on L (8) (Weight takes L)

Put your L hand on L hip when you do your hip bumps

Pivot 1/2 Turn, Pivot 1/2 Turn, Bump hips Right, Bump Hips Left

1,2 Step R forward (1), Pivot 1/2 turn over L shoulder (2) (6:00)

3,4 Step R forward (3), Pivot 1/2 turn over L shoulder (4) (12:00)

5&6 Bump hips R,L,R

7&8 Bump hips L,R,L

Rocking Chair, Jazz-box

1,2 Rock R forward (1), Recover back on L (2)

3,4 Rock R back (3), Recover forward on L (4)

5,6 Cross R over L (5), Step L back (6)

7,8 Step R side (7), Cross L over R (8)

Use Jazz-box to square back up to your partner if needed - Repeat and have fun!!

Inspired by Damaya Lady D Jones
