

Get This Feelin'

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Amanda Fox (USA) - May 2021
音樂: Shut Up and Kiss Me - Mary Chapin Carpenter



Intro: 48 counts (Starts one count before lyrics)

[1-8] Grapevine, Stomp, Grapevine, Scuff

1,2 Step R to side, Step L behind
3,4 Step R to side, Stomp L together
5,6 Step L to side, Step R behind
7,8 Step L to side, Scuff R next to L

[9-16] Step, Scuff, Step, ½ Turn Scuff, Step, Step, Hip rolls (x2)

1,2 Step R to side, Scuff L next to R
3,4 ¼ turn over L shoulder step L forward, ¼ turn over L shoulder scuff R
5,6 Step R to side, Step L to L diagonal
7,8& Hip roll forward, hip roll back, weight into L

[17-24] Knee Hike, Step, ½ Turn, Heel Cross Hitches (x2), Forward Kicks (x2)

1,2 Hike R knee, Step R back
3,4 Step L together, ½ turn over L shoulder step R to side
5&6& Hitch L heel across R, Step L, Hitch R heel across L, Step R
7&8& Kick L forward, Step L, Kick R forward, Step R

[25-32] Backward Kicks (x2), Kick Forward, Step, Hip Bumps (x2), Weave

1&2 Kick L back, Step L, Kick R back
3,4 Kick R diagonal forward across L, Step R to side
5,6 Hip bump L, Hip bump R
7&8 Step L behind R, Step R to side, Cross L over R

(Restart Wall 4 facing 3:00)

[33-40] Kick, Weave, Toe, Hip Rolls (x4)

1 Kick R to side
2&3 Step R behind L, Step L to side, Cross R over L
4 Step L diagonal forward on toe
5,6 Hip roll forward, Hip roll back
7,8& Hip roll forward, Hip roll back, Weight in L

[41-48] Knee Hike, Step, Syncopated Hip Bumps (x3), Hip Bump, Weave, Kick

1,2 Hike R knee, Step R to side
3&4 Hip bump L, Hip bump R, Hip bump L
5 Hip bump R
6&7 Step L behind R, Step R to side, Cross L over R
8 Kick R to side

[49-55] ¼ Turn, Coaster Step, Toe Struts (x2)

1 Step R back ¼ turn over R shoulder
2&3 Step L back, Step R together, Step L forward
4,5 Tap R toe forward, Step R
6,7 Tap L toe forward, Step L

[56-64] Rock, Step, Coaster Step, Toe, Hip Rolls (x4)

8,1 Rock forward on R, Recover weight back on L
2&3 Step R back, Step L together, Step R forward
4 Step L forward on toe
5,6 Hip roll forward, Hip roll back
7,8& Hip roll forward, Hip roll back, Weight into L

Tag 1: End of wall 1, facing 3:00

[1-8] Rock, Step, ½ Right Shuffle (x2), Rock, Recover

1,2 Rock forward on R, Recover weight back on L
3&4 ¼ turn step R to side, Step L together, ¼ turn step R forward
5&6 ¼ turn step L to side, Step R together, ¼ turn step L back
7,8 Rock R back, Step L forward

[9-16] Slide, ¼ Turn Coaster, Toe Struts (x2)

1,2 ¼ turn slide to R side, hold
3&4 ¼ turn over L shoulder step L back, Step R together, Step L forward
5,6 Tap R toe forward, Step R
7,8 Tap L toe forward, Step L

Tag 2: Wall 3, facing 12:00

In section 33-40, omit counts 7,8& and continue into count 41

Restart: 32 counts into Wall 4, after weave on 31 and 32, start from count 1

Restart faces 3:00

End: On count 23, kick L forward high, clapping under leg

Contact Me: Amanda Fox

Countryfoxdance4@gmail.com

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