

Get It Got It Good

拍數: 56 牆數: 4 級數: Phrased Intermediate
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音樂: Get It Got It Good - Billy Gilman : (CD: Get It Got It Good - single)



Starting point: At the vocals, at about 0:10.

Sequence: AAAB AAB AAB

Note: There is a restart half way through the 2nd A (after count 16). This dance is choreographed to half speed so it doesn't look so intimidating. The other option is to make it longer, and that's not nice with a phrased dance. Also, less holds!

Ending: If you want to end the dance facing front wall, turn ½ to with the sailor step on counts 20&21 on section B (counts 4&5 on the 3rd set of 8's on section B).

Section A (32 counts):

CHARLESTON, SHUFFLE FORWARD, TOE TOUCHES FORWARD WITH HANDS

- 1-2 Step left forward, touch right forward
- 3-4 Step right back, touch left back
- 5&6 Step left forward, step right next to left, step left forward
- 7&8 Touch right toe next to left, touch right further away from left, step right even further away from left

Hand movements: slowly push upwards towards right diagonal on counts 7&8.

ZIG-ZAG STEPS BACK WITH A SLIDE

- 1&2& Step left back to left diagonal, touch right next to left, step right back to right diagonal, touch left next to right
- 3-4 Step left back to left diagonal, slide right next to left (weight remains on left)
- 5&6& Step right back to right diagonal, touch left next to right, step left back to left diagonal, touch right next to left
- 7-8 Step right back to right diagonal, slide left next to right (weight remains on right)

Option: On walls that fit (usually the normal verse), feel free to change the slide to tap steps back to each diagonal. In that case you need to change the rhythm to 3&4 and 7&8.

TOE STRUT JAZZBOX, SYNCOPATED 1/4 LEFT TURNING ROCK STEP, 1/2 LEFT TURNING SHUFFLE

- 1&2& Touch left toe to left, step weight to left, touch right toe across left, step weight to right
- 3&4& Touch left toe back, step weight to left, touch right toe to right, step weight to right
- 5&6 Rock left across right, recover weight back to right, turn 1/4 to left by stepping left forward
- 7&8 Turn 1/4 to left by stepping right to right side, step left next to right, turn 1/4 to left by stepping right back

HALLELUJAH'S WITH HOLDS

- 1-2 Rock left forward and lift your left elbow up (right elbow down), rock back to right and push your right elbow back (push left elbow down, lift right elbow up)
- 3-4 Rock left forward and lift your left elbow up (right elbow down), hold
- 5-6 Rock back to right and push your right elbow back (push left elbow down, lift right elbow up), rock left forward and lift your left elbow up (right elbow down)
- 7-8 Rock back to right and push your right elbow back (push left elbow down, lift right elbow up), hold

Note: You can google dance movement "Hallelujah (Solo Jazz)" or just watch my dance demo or teaching if you don't fully understand the hand movements!

Section B (24 counts):

CROSS ROCK STEP, WEAVE WITH A SWEEP, CROSS, BACK, STEPS IN PLACE WITH HEAD TURNS

1&2 Rock left across right, recover weight back to right, step left to left side
3&4& Step right across left, step left to left side, step right behind left, step left to left side
5-6& Step right across left and sweep left from back to front, step left across right, step right back
7-8 Step left in place and look left, step right in place and look right

1/2 RIGHT TURNING HINGE TURN, SAILOR STEPS, STEPS IN PLACE WITH HEAD TURNS

1 Turn 1/2 to right and step left to left side
2&3 Step right behind left, step left next to right, step right to right diagonal
4&5 Step left behind right, step right next to left, step left to left diagonal
6 Step right forward
7-8 Step left in place and look left, step right in place and look right

1/2 RIGHT TURNING HINGE TURN, SAILOR STEPS, STEP FORWARD, HEEL STAND

1 Turn 1/2 to right and step left to left side
2&3 Step right behind left, step left next to right, step right to right diagonal
4&5 Step left behind right, step right next to left, step left to left diagonal
6 Step right forward
7&8& Step left heel forward, step right heel forward, step left back in place, step right back in place

REPEAT
