# Come and Get Your Love

級數: Phrased Easy Improver

編舞者: Arizona FOX (FR) - March 2023

音樂: Come and Get Your Love - Redbone

牆數: 0

#### Intro : 16 counts

拍數: 36

Sequence : A,A, A,A, B,B, C, A,A, A,A, B,B, C, A,A, B,B, C, A,A (until « Kick Ball Change » and restart), A At the end of the last part A, have fun, sing and jump with your arms in the air when you hear "la la la la ...."

# PART A (16 counts)

# Section 1 - Dorothy Step Right Fwd, Dorothy Step Left Fwd, Cross Rock, Side, Cross Rock, Side

- 1-2& Step right foot diagonally right forward, Step left foot behind right foot, Step right foot diagonally right forward
- 3-4& Step left foot diagonally left forward, Step right foot behind left foot, Step left foot diagonally left forward
- 5&6 Cross right foot in front of the left foot, Tranfer body weightof the left foot, Step right foot to the right side
- 7&8 Cross left foot in front of the right foot, Tranfer body weight to the right foot, Step left foot to the left side

# Section 2 - Step 1/4 turn, Kick Ball Change, Out Out, In In, Out Out, In In

- 1-2 Step right foot forward, 1/4 turn to th left
- 3&4 Kick right foot forward, & bring the sole of the right foot next to the left foot, Transfer body weight to the left foot

#### RESTART HERE

- &5 Jump right foot forward diagonally right, Jump left foot forward diagonally left
- &6 Jump right foot in the center, Jump left foot in the center
- &7 Jump right foot back diagonally right, Jump left foot back diagonally left
- &8 Jump right foot in the center, Jump left foot in the center

#### PART B (16counts)

Section 1 - Step Right Fwd, Touch, Step Left Back, Touch, Step Right Back, Touch, Step Left Fwd, Touch	
1–4	Step right foot diagonally forward right, Touch left foot next to the right foot, Step left foot
	diagonally back left, Touch right foot next to the left foot,
5-8	Step right foot diagonally back right, Step left foot next to the right foot, Step left foot diagonally forward left, Touch right foot next to the left foot

#### Section 2 – Step 1/4 Turn, Step 1/4 Turn, Jazz Box

- 1-4 Step right foot forward, 1/4 turn to the left, Step right foot forward, 1/4 turn to the left
  5-8 Cross right foot in front of left foot, Step left foot back, Step right foot to the right side, Step
  - left foot next to the left

# PART C (4 counts)

# Section 1 - Mambo Right Fwd, Mambo Left Back

1 & 2
3&4
Step right foot forward, Tranfer body weight to the left foot, Step right foot next to the left foot
3&4
Step left foot back, tranfer the body weight to the right foot, Step left foot next to the right foot

# ENJOY AND HAVE FUN !!!!!!

