

Get After It

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Trevor Thornton (USA) & Rob Holley (USA) - October 2023
音樂: Light That Fire - Oh The Larceny : (EP: Oh The Larceny - iTunes)



Tags: 1, Restarts: 0

Intro: 16

Sequence: 48, 48, 48, 48, Repeat Last 16, Tag, 32

[1-8] SLIDE STEP RIGHT, STEP BEHIND, BALL STEP, CROSSING SHUFFLE, ¼ TURN BODY ROLL, PONY STEP BACK

1-2 Step R to R side (1), step L behind R (2)
&3&4 Step R next to L (&), cross L over R (3), step R to R side (&), cross L over R (4)
5-6 Turn ¼ R & press R forward, rolling upper body forward (5), recover weight back on L, rolling upper body back (6) (3:00)
7&8 Step R back & hitch L knee (7), step L next to R (&), step R back & hitch L knee (8)

[9-16] BACK ROCK RECOVER, ¼ PIVOT CROSS, SYNCOPATED TOE SWITCHES WITH HITCH

1-2 Rock L back (1), recover weight on R (2)
3&4 Step L forward (3), pivot ¼ turn R (&), cross L over R (4) (6:00)
5& Point R toe to R side (5), step R next to L (&)
6& Point L toe to L side (6), step L next to R (&)
7&8 Point R toe to R side (7), touch R next to L (&), hitch R knee up (8)

[17-24] STEP BACK, DRAG, COASTER STEP, DIAGONAL STEP, TOUCH, LEFT DIAGONAL SHUFFLE

1-2 Big step R back (1), drag L back towards R (2)
3&4 Step L back (3), step R next to L (&), step L forward (4)
5-6 Step R to R diagonal (5), touch L next to R (6)
7&8 Step L to L diagonal (7), step R next to L (&), step L to L diagonal (8)

[25-32] CROSS ROCK RECOVER SIDE (2X), ¾ CIRCLE WALK

1&2 Cross rock R over L (1), recover weight on L (&), step R to R side (2)
3&4 Cross rock L over R (3), recover weight on R (&), step L to L side (4)
5-8 Turn ¼ L & step R (5), turn ¼ L & step L (6), turn ¼ L & step R (7), step L (8) (9:00)

NOTE: On wall 4, after completing the entire 48 counts, you'll repeat the last 16 counts [33-48] and end up facing 9:00.

[33-40] V-STEP, CROSS, ¼ TURN LEFT & V-STEP, CROSS

1-2 Step R diagonally forward (1), Step L diagonally forward (2)
&3-4 Step R back (&), step L next to R (3), cross R over L (4)
5-6 Turn ¼ L & step L diagonally forward (5), Step R diagonally forward (6) (6:00)
&7-8 Step L back (&), step R next to L (7), cross L over R (8)

[41-48] STEP SIDE, STEP TOGETHER, SCISSOR STEP, (2X)

1-2 Step R to R side (1), step L next to R (2)
&3-4 Step R to R side (&), step L next to R (3), cross R over L (4)
5-6 Step L to L side (5), step R next to L (6)
&7-8 Step L to L side (&), step R next to L (7), cross L over R (8)

TAG: On wall 4 while facing 9:00, after repeating last 16 counts.

1-8 Turn ¼ left to 6:00 wall & step right to right side while putting arms out to each side (1). Hold and slowly bring both arms above your head in a circular motion (2-6), finally bringing them together on count 7. Pop both elbows out & hitch right knee on count 8.

NOTE: To finish the dance, you'll be facing 12:00 as you prepare to do that last 4 counts of the 4th section [25-32].

Change the ¾ circle walk to a full circle walk to finish on 12:00

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