# I Got This

#### 級數: Intermediate

**編舞者:** Tracy Walters (CAN) - February 2024

音樂: I Got This - Jerrod Niemann

#### Start on Vocals

#### 1/2 Turn Right, Cross Shuffle

拍數: 48

- 1-2. Tap right toes behind left foot, on balls of feet, make a  $\frac{1}{2}$  turn right (6:00) (end with weight on right foot
- 3&4.Step left foot across right foot, step right foot to the side, step left foot across right foot ¼Turn Left, Rock Step, Step On Left Making ¼ Turn Left
- 5-6. Tap right toes forward, on balls of feet, making a ¼ turn left (end with weight on left foot)
- 7&8. Step (rock) back onto right foot, step in place onto left foot, make a ¼ turn left and step right foot to the side

## Rock Back, Turning Triple Step 1/2 Right, Rock Back, Turning Triple Step 3/4 Left

- 9-10. Step (rock) left foot back, step in place onto right foot
- 11&12. Triple step ½ right (make a ¼ right and step on left foot, make a ¼ turn right and step on right foot, step left to the side)
- 13&14. Step (rock) right foot back, step in place onto left foot
- 15&16.Triple step ¾ left (make a ¼ turn left and step right foot forward, make a ¼ turn left and step<br/>left foot forward, make a ¼ turn left and step right forward)

## 2 Steps Forward, Heel Digs, 2 Steps Back, ½ Turn Left

- 17-18. Step left foot forward, step right foot forward
- 19&20. Tap left heel forward and put weight on it, tap right foot forward and put weight on it, step left foot back
- 21-22. Step right foot back, step left foot back
- 23-24. tap right toes forward, on balls of feet make a ½ turn left (end with weight on left foot)

## Rock Step, Shuffle, Rock Step, Shuffle

- 25-26. Make a ¼ turn left and step (rock) right foot forward, step in place onto left foot
- 27&28. Make a ¼ turn right (facing forward) and shuffle to the right (step right foot to the side, step left foot next to right foot, step right foot to the side)
- 29-30. Make a ¼ turn right and step (rock) left foot forward, step in place onto right foot
- 31&32. Make a ¼ left (facing forward) and shuffle to the left (step left foot to the side, step right foot next to left foot, step left foot to the side)

## (Restart here at Wall 5, facing 3:00)

## Rock Step, Sailor Step, Sailor Step 1/4 Left, Sailor Step

- 33-34. Step (rock) right foot forward, step in place onto left foot
- 35&36. Step right foot behind left foot, step left foot slightly to side, step right foot to the side
- 37&38. Step left foot behind right foot, make a ¼ turn left and step right foot to side, step left foot to side
- 39&40. Step right foot behind left foot, step left foot slightly to side, step right foot to side

## Kick Forward, Kick to Side, Coaster Step ¼ Left, Kick Forward, Kick to Side, Behind Step Across Step

- 41-42. Kick left foot forward, Kick left foot to the side on a diagonal
- 43&44.Make a ¼ turn left and step left foot back, step right foot next to left foot, step left foot forward45-46.Kick right foot forward, kick right foot to the side on a diagonal
- 47&48&. Step right foot behind left foot, step left foot to the side, step right foot across left foot, step left foot to the side





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**牆數:**4

Begin Again!

RESTART: at wall 5, restart dance after counts 31&32