

I Got This

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Tracy Walters (CAN) - February 2024
音樂: I Got This - Jerrod Niemann



Start on Vocals

½ Turn Right, Cross Shuffle

- 1-2. Tap right toes behind left foot, on balls of feet, make a ½ 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 ¼ Turn 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 ½ Right, Rock Back, Turning Triple Step ¾ 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 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 ¼ 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 forward
- 45-46. 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

Begin Again!

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