

Get It Started

拍數: 80 牆數: 4 級數: Phrased Advanced
編舞者: Darren Bailey (UK) & Scott Blevins (USA) - April 2024
音樂: Get It Started - Juliet Roberts : (Album: Things Keep On Changing)



#32 count intro

Sequence: A - B - C - A - A - B - C - A counts 1-24 - B w/change up - C - A

Pattern A:

[1 - 8] ROCK, RECOVER, ½ TRIPLE, FORWARD, ½ PIVOT, TRIPLE FORWARD

1-2 1) Rock R forward; 2) Recover to L
3&4 3&4) Turn ½ right tripling R-L-R
5-6 5) Step L forward; 6) Turn ½ right taking weight forward on R
7&8 7&8) Triple forward L-R-L [12:00]

[9-16] FORWARD, TAP, BACK w/SWEEP, BEHIND, SIDE, CROSS, ROCK, ¼, ½, ¼, CROSS

&1-2 &) Step R forward; 1) Tap L behind R; 2) Step L back sweeping R to right and back
3&4 3) Step R behind L; &) Step L to Left; 4) Step R across L
5-6 5) Rock L to left opening body right; 6) Turn ¼ left stepping R back [9:00]
7&8 7) Turn ½ left stepping L forward; &) Turn ¼ left stepping ball of R slightly back; 8) Step L across R [12:00]

[17-24] SIDE, TOGETHER, CROSS, SIDE, BEHIND, ¼, FORWARD, ½ PIVOT, FORWARD, ½ BACK

&1-2 &) Step ball of R to right; 1) Step ball of L beside R; 2) Step R across L
3&4 3) Step L to left; &) Step R behind L; 4) Turn ¼ left stepping L forward [9:00]
5-6 5) Step R forward; 6) Turn ½ left taking weight forward on L [3:00]
7-8 7) Step R forward; 8) Turn ½ right stepping L back [9:00]

[25-32] ¼, CROSS, UNWIND, TRIPLE FORWARD, FORWARD MAMBO, BACK MAMBO

&1-2 &) Turn ¼ right stepping R to right; 1) Step L across R; 2) Unwind ¾ right taking weight on R [9:00]
3&4 3&4) Triple forward L-R-L
5&6 5&6) Forward Mambo R-L-R
7&8 7&8) Back Mambo L-R-L

Pattern B: Note: The 3rd time you do B, after the short A, do not do the ¼ left on count 1), replace with 1) Step R to right [12:00]

[1-8] ¼ SIDE, HOLD, ½ CLOSE, HOLD, ½ SIDE, HOLD, ½ CLOSE, HOLD

1,2,3,4 1) Turn ¼ left stepping R to right; 2) Hold; 3) Transfer weight to L turning ½ right stepping R beside L; 4) Hold [12:00]
5,6,7,8 5) Turn ½ right on R stepping L to left; 6) Hold; 7) Transfer weight to R turning ½ left stepping L beside R; 8) Hold [12:00]

[9-16] ½ SIDE, HOLD, ½ CLOSE, HOLD, CROSS, ¼ BACK, SIDE, CLOSE

1,2,3,4 1) Turn ½ left on L stepping R to right; 2) Hold; 3) Transfer weight to L turning ½ right stepping R beside L; 4) Hold [12:00]
5,6,7,8 5) Cross L over R; 6) Turn ¼ left stepping R back; 7) Step L to left; 8) Step R beside L [9:00]

Pattern C:

[1-8] FORWARD w/HIPS, ¼ BACK w/HIPS, FORWARD w/HIPS, ¼ BACK w/HIPS

&1&2 &1) Step L-R forward with feet shoulder width apart pelvis pushed forward shake hips side to side; &2) Shake hips side to side

&3&4 &3) Turn ¼ right stepping L-R back feet shoulder width apart hips pushed back shaking hips side to side; &4) Shake hips side to side [12:00]
&5&6 Repeat &1&2
&7&8 Repeat &3&4 [3:00]

[9-16] FORWARD w/HIPS, ¼ BACK w/HIPS, DOUBLE TIME FORWARD w/HIPS 1/8 BACK w/HIPS 2X

&1&2 (&1) Step L-R forward with feet shoulder width apart pelvis pushed forward shake hips side to side; &2) Shake hips side to side
&3&4 (&3) Turn ¼ right stepping L-R back feet shoulder width apart hips pushed back shaking hips side to side; &4) Shake hips side to side [6:00]
&5&6 &5) Repeat &1; &6) Turn 1/8 right stepping L-R back feet shoulder width apart hips pushed back shaking hips side to side [7:30]
&7&8 Repeat &5&6 [9:00]

[17-24] TOUCH w/BUMP, BUMP, COASTER, TOUCH w/BUMP, BUMP, ½ TRIPLE

1-2 1) Touch R toe forward bumping R hip forward; 2) Bump R hip forward
3&4 3) Step R back; &) Step L beside R; 4) Step R forward
5-6 5) Touch L toe forward bumping L hip forward; 6) Bump L hip forward
7&8 7&8) Turn ½ left tripling L-R-L [3:00]

[25-32] TOUCH w/BUMP, BUMP, COASTER, ROCK, RECOVER, ½ FORWARD, HOLD

1-2 1) Touch R toe forward bumping R hip forward; 2) Bump R hip forward
3&4 3) Step R back; &) Step L beside R; 4) Step R forward
5-6 5) Rock L forward; 6) Recover to R
7-8 7) Turn ½ left stepping L forward; 8) Hold [9:00]

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