

Got You Back

拍數: 48 牆數: 4 級數: Beginner
編舞者: Erika Vanhuis (CAN) - July 2024
音樂: If I Ever Get You Back - Morgan Wallen



No Tags or Re-starts

Intro: 16 counts

[1-8]: Grapevine R, Grapevine L

1,2,3,4 - Step R to R side, cross L behind R, step R to R side, touch L together w/ R
5,6,7,8 - Step L to L side, cross R behind L, step L to L side, touch R together w/ L

[9-16]: K-Step

1,2 - Step R foot forward at an angle, touch L foot together w/ R
3,4 - Step L foot backward at an angle, touch R foot together w/ L
5,6 - Step R foot backward at an angle, touch L foot together w/ R
7,8 - Step L foot forward at an angle, touch R foot together w/ L

[17-24]: Rocking chair x2

1,2 - Step forward on R and rock, recover on L
3,4 - Step backward on R and rock, recover on L
5,6 - Step forward on R and rock, recover on L
7,8 - Step backward on R and rock, recover on L

Optional for 5-8:

5,6 - Step forward with R, pivot CCW to 6:00
7,8 - Step forward with R, pivot CCW back to 12:00

[25-32] Shuffle forward w/ rock, shuffle backwards w/ rock

1,&,2 - Step forward on R, bring L together w/ R, step forward on R
3,4 - Step L forward and rock, recover on R
5,&,6 - Step backward with L, bring R together w/ L, step backward on L
7,8 - Step R backward and rock, recover on L

[33-40] Jazz box on the spot x2

1,2,3,4 - Cross R over L, step L backward, R step to R side, L foot touch together w/ R
5,6,7,8 - Cross R over L, step L backward, R step to R side, L foot touch together w/ R

[41-48] Hip Bumps, ¾ turn CCW

1,2,3,4 - R Hip bumpx2, L Hip bumpx2
5,6 - Hitch R knee up, cross R over L
7,8 - Unwind CCW to 3:00

Optional for 5-8

5,6 - Jump both feet out, jump and cross R over L
7,8 - ¾ unwind turn CCW to 3:00

Repeat!!!

Last Update: 11 Jul 2024