

Let's Get Started

拍數: 48 牆數: 0 級數:
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音樂: Get the Party Started - P!nk



TWIST ¼ RIGHT, RIGHT KICK, 2 BACK TRAVELING SAILOR STEPS, CROSS UNWIND ¾ RIGHT

1-2 Twist ¼ turn right, kick right forward
3&4 Step right behind left, rock left to left side, rock right to right side, traveling backwards
5&6 Step left behind right, rock right to right side, rock left to left side, traveling backwards
7-8 Cross right behind left, unwind ¾ turn right. 12:00

SYNCOPATED RIGHT VINE, ¼ LEFT TURN, HEEL & STEP, WALK LEFT -RIGHT

1-2 Step right to right, step left behind
&3&4 Step right to right slightly back, step left in front of right, step right to right, step left behind right
&5 Step right to right making ¼ turn left, touch left heel forward
&6 Step left beside right, step right forward
7-8 Step left forward, step right beside left

TOE, HEEL, HEEL, TOE TWIST'S, TRAVELING HEELS, TOES, HEELS, TURNING ¼ LEFT, LEFT KICK See below for hand movements on counts 1-8

1-4 Twist right toe to right, twist right heel to right, twist right heel left, twist right toe left

TRAVELING TWISTS OF HEELS, TOES, HEELS, COMPLETING ¼ TURN LEFT, TO END FACING THE BACK WALL

5-6 Twist heels left, twist toes left
7 Twist heels left, weight ending on right foot
8 Small kick to left with left foot to complete the ¼ turn left

LEFT SAILOR STEP, RIGHT BACK COASTER STEP, STEP ½ TURN RIGHT, TURN ½ RIGHT, TURN ½ RIGHT

1&2 Cross left behind right, rock right to right side, step left to left side
3&4 Step back on right, step left next to right, step forward on right
5-6 Step forward on left, make ½ pivot to right, to face 12:00
7 Step back on left making ½ turn right, traveling towards 12:00
8 Step forward on right making ½ turn right, traveling towards 12:00

LEFT LUNGE HEEL LIFT, ROCK RIGHT, STEP ¼ RIGHT, STEP, LEFT SHUFFLE, HEEL TOE ½ LEFT TURN

1 Long step left with left lifting right heel
2-3 Replace right heel rocking onto right, step left behind right
4 Make ¼ turn right stepping forward on right
5&6 Step left forward, step right beside left, step forward on left
7-8 Touch right heel forward, on ball of left foot make ½ turn left while crossing your right leg over left leg, ending by touching right over left foot, facing 9:00

½ TURN LEFT, ½ TURN LEFT, WALK, WALK, HEEL TOE HEEL TOGETHER WITH ¼ LEFT TURN

1-2 Stepping right, left make full turn left, traveling towards 9:00
3-4 Step forward on right, step left beside right
5-6-7-8 Making ¼ turn left touch right heel forward, right toe back, right heel forward, step right beside left

REPEAT

HAND MOVEMENTS ON THIRD SECTION

Starting with arms by your side palms facing backwards

- 1 From elbow swing right arm up straight with palm facing over right shoulder
- 2 Swing right arm halfway down, chest level, push out elbow to right
- 3 Return arm to position 1
- 4 Drop right arm back down to side, on all four counts palm facing backwards

Starting with your arms by your side palms facing backwards

- 5 Keeping arms by your side, turn arms to palms forward
 - 6 Turn arms to palms facing backwards
 - 7 Turn arms to palms forward
 - 8 Swing both arms across body to left side palms facing backwards
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