

# 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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