

You Better Git

拍數: 48 牆數: 4 級數: Improver polka
編舞者: Nancy Morgan (USA)
音樂: Get In Line - Larry Boone



As soon as the music starts, the singer will count down 1,2,3 then start

HEEL AND HEEL AND WALK, WALK, MONTEREY TURN

1&2& Put right heel forward, put right next to left, put left heel forward, put left next to right
3-4 Walk forward - right, left
5-6 Put right toe out to right side, turn ½ turn to your right as you put your right foot next to your left
7-8 Put your left foot out to your left side, put your left next to your right

HEEL AND HEEL AND WALK, WALK, MONTEREY TURN

1&2& Put right heel forward, put right next to left, put left heel forward, put left next to right
3-4 Walk forward - right, left
5-6 Put right toe out to right side, turn ½ turn to your right as you put your right foot next to your left
7-8 Put your left foot out to your left side, put your left next to your right

SIDE ROCK CROSS, SIDE ROCK CROSS, KICK-BALL-BACK, KICK-BALL-BACK

1&2 Rock/step right foot out to right side and back on left, step right foot forward
3&4 Rock/step left foot out to left side and back on right, step left foot forward
5&6 Kick right foot forward, step back on right, touch left toe back
7&8 Kick left foot forward, step back on left, touch right toe back

SHUFFLE FORWARD, ½ TURN, SHUFFLE FORWARD, ½ TURN, ½ TURN

1&2 Shuffle forward - right, left, right
3-4 Step forward on left, pivot ½ turn to your right (weight ends on right)
5&6 Shuffle forward - left, right, left
7-8 Step back on your right ½ turn to your left, step forward on your left ½ turn to your left

For those who cannot do the turns on 7-8, just walk forward - right, left

½ TURN, SHUFFLE FORWARD, FORWARD ROCK, COASTER STEP

1-2 Step forward on your right, pivot ½ turn to your left (weight ends on left)
3&4 Shuffle forward - right, left, right
5-6 Rock/step forward on left and back on right
7&8 Coaster - step back on left, step right next to left, step forward on left

SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, ¼ TURN SAILOR SHUFFLE

1-2 Side rock/step right foot out to right side and back on left
3&4 Step right behind left, step left out to left side, cross right over left
5-6 Side rock/step left foot out to left side and back on right
7&8 Turning ¼ turn to your left as you do a sailor shuffle - step left behind right foot ¼ turn to left, step right out to right side, step forward on left

REPEAT