

You Can Get It

拍數: 32 牆數: 4 級數: Intermediate cha cha
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音樂: You Can Get It - Baha Men



SIDE, ROCK, STEP, CHA-CHA CROSS TRIPLE FORWARD

1-2-3 Step left to left side, rock right back, step left in place
4&5 Step right forward, cross left up and behind right (5th), step right forward

½ TURN RIGHT ON ROCK STEP, ½ TURN RIGHT ON TRIPLE STEP

6-7 Step left forward & turn ½ right, step right in place
8&1 Dance a left shuffle forward while turning ½ right

Your steps will be mainly in place. You won't really travel forward much at all

ROCK BACK, STEP IN PLACE, FORWARD, FORWARD, TOGETHER

2-3 Rock right back, step left in place
4&5 Step right forward, step left forward & angle body slightly to right, step right next to left - body angles about 1/8 right of center (to corner)

ROCK FORWARD, STEP IN PLACE, CROSS, STEP TURNING ½ LEFT

6-7 Square off to wall (12:00) as you rock left forward, step right in place
8& Cross left behind right & turn ½ left, step right in place

STEP TURN & TOUCH WITH ARMS UP, STEP TURN & TOUCH WITH ARMS DOWN

1-2 Step left forward & turn ¼ left and raise both arms (3:00), touch right toe to right side and snap fingers or clap hands
3-4 Turn ¼ right (6:00) & step right forward turning an additional ¼ right (9:00), bring arms down at sides and touch left toe to left side while snapping fingers or clapping hands

STEP, TURN, STEP (WALK AROUND TURN), CHA-CHA-CHA TO SIDE

5 Turn ¼ left and step left forward (6:00)
6-7 Step right forward turning (swiveling) left, step left in place completing a full turn over counts
5-7

This is a walk around turn just like in "Cruising" or "Islands In The Stream". You should end up facing 9:00 again.

8&1 Step right to right side, step left next to right, step right to right side

LEFT SAILOR SHUFFLE, RIGHT SAILOR SHUFFLE WITH A ¼ TURN RIGHT

2&3 Cross step left behind right, step right to right side, step left in place
4&5 Cross right behind left turning ¼ right, step left in place step right forward

STEP, TURN, STEP (WALK AROUND TURN), CHA-CHA TO SIDE

6-7 Step left forward turning ½ right, step right in place turning ¼ right
8& Step left to left side, step right next to left

REPEAT