

Got 2

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dottie Wicks (USA) & The Lady In Black (UK)
音樂: Gotta Get Movin' - First Love



TRAVELING HEEL SWITCHES/WALKS/HIP BOOGIES DOWN & UP

- 1&2 Dig right heel forward, return weight on right, dig left heel forward
&3-4 Return weight to left and traveling forward walk right, left
5&6&7&8& Bump hips while going up, bending & straightening knees, going down, going up, going down
9-16 Repeat counts 1-8

Fun variation: alternate in your row. One person starts up, the next down, etc.

CROSS ROCK SHUFFLE STEPS

- 1-2 Cross rock right over left, recover weight on left
3&4 Shuffle traveling $\frac{3}{4}$ turn over right shoulder - right, left, right
5-6 Cross rock left over right, recover weight on right
7&8 Shuffle traveling $\frac{1}{2}$ turn over left shoulder - left, right, left

FRONT STEPS/SIDE POINTS/POINT, HITCH, POINT

- 1-2 Step right in front of left, hold
3-4 Step left in front of right, hold

Variation:

- 1 Step right in front of left
&2 Swivel both heels out & in
3 Step left in front of right
&4 Swivel both heels out & in

5 Point & touch right to right side (weight on left)
&6 Step right in place, point & touch left to left side
&7 Step left in place, point & touch right to right side
&8 Side hitch right knee up, point right to right side

KNEE IN/TURN KICK/COASTER STEP/HIP BUMPS/KICK, CROSS, UNWIND

- 1 Keeping right toe pointed to side, bend right knee into left leg
2 Turn $\frac{1}{4}$ turn right (weight on left), kick right leg forward
3&4 Right coaster step (right, left, right)
5&6 Step left foot forward, bump hips left, right, left (weight on left)
7&8 Kick right to right diagonal, cross right toe over left, unwind $\frac{1}{2}$ turn over left (weight on left)

HEEL JACKS/CROSS OVER/HEEL BUMPS $\frac{1}{4}$ TURN

- &1 Stepping back on right, dig left heel forward
&2 Stepping left in place, tap right toe next to
&3&4 Repeat &1 & 2 above
&5 Stepping back on right, dig left heel forward
&6 Step left in place, cross right over left
7&8 Bump heels (raise & lower heels) 3 times making $\frac{1}{4}$ turn left

TRAVELING FORWARD DIAGONAL LOCK STEPS WITH SHOULDER LEANS

- 1&2 Traveling to right diagonal, lock step forward right, left, right (leaning shoulder to right)
3&4 Traveling to left diagonal, lock step forward left, right, left (leaning shoulder to left)
5&6 Repeat 1&2

7&8

Repeat 3&4

TRAVELING BACKWARDS OUT-OUT/HOLD CLAP/IN-IN/HOLD CLAP/PUSH BACKS

- &1 Traveling backwards step out right, out left
- 2 Hold & clap
- &3 Traveling backwards step in right, in left
- 4 Hold & clap
- &5 Traveling backwards step back right, left (pushing both palms forward chest level)
- 6 Hold and bring arms down to side
- &7 Traveling backwards step back right, left (pushing both palms forward chest level)
- 8 Hold and bring arms down to side

REPEAT
