

Gotta Get Up

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mark Furnell (UK)
音樂: Playing With Knives - Bizarre Inc



HEEL, TOE, HEEL AND GRIND

- 1-2 Touch right heel forward, touch right toe back
3-4 Touch right heel forward, grind right heel ¼ turn left, taking weight onto right foot

HEEL, TOE, HEEL AND GRIND

- 5-6 Touch left heel forward, touch left toe back
7-8 Touch left heel forward, grind left heel ¼ turn right, taking weight onto left foot

FORWARD, FORWARD, BACK, BACK

- 1-2 Step forward on right, pushing hip right, step forward on left pushing hips left
3-4 Step right foot back in place, step left foot back in place, (feet should be shoulder width apart)

KNEE ROLL TO RIGHT, KNEE ROLL TO LEFT

- 5-6 Touch right toe out to right side and roll right knee out and strut right heel down
7-8 Touch left toe out to left side and roll left knee out and strut left heel down (weight ends on left foot)

JAZZ BOX SCUFF, JAZZ BOX SCUFF

- 1-2 Cross right over left, step back on left
3-4 Step side on right, scuff left foot through
5-6 Cross left over right, step back on right
7-8 Step side on left, scuff right foot through

JAZZ BOX ¼ TURN, SHOULDER BOUNCES

- 1-2 Cross right over left, step back on left
3-4 Step side on right making ¼ turn right, close left to right, (weight on left)
5-6 Step side on right and bounce shoulder twice
7-8 Touch right to left and bounce shoulders twice

REPEAT
