

Gonna Getcha

拍數: 68 牆數: 4 級數:
編舞者: Adelaide Manley (AUS)
音樂: Do You Wanna Make Something of It - Jo Dee Messina



- 1 With feet apart-bend knees & slap hands on thighs
2 Rise onto toes & split knees apart, taking hands to the sides
3 Drop heels-bend knees & slap hands on thighs
4 Bend right knee to lean forward at 45 degrees, taking right hand forward & left hand to left hip
5-8 Repeat previous 4 beats
- 9-12 Keep left hand on hip, drop right hand to thigh & bump right shoulder forward 4 beats
13-14 Step left to the side, ½ step right to the left & knock knees together
15-16 Step left to the side, ½ step right to the left & knock knees together
- 17 With feet apart-bend knees & slap hands on thighs
18 Rise onto toes & split knees apart, taking hands to the sides
19 Drop heels-bend knees & slap hands on thighs
20 Bend left knee forward at 45 degrees
21-24 Taking left hand forward & right hand to right hip, repeat previous 4 beats
- 25-28 Keep right hand on hip, drop left hand to thigh & bump left shoulder forward 4 beats
29-32 Vine right turning full turn right (right/left/right/left together)
33-34 Touch right toe behind left, turn ½ turn right to unwind legs
35&36 Shuffle back (left/right/left)
37&38 Shuffle back (right/left/right)
- 39&40 Touch left toe behind right, turn ½ turn left to unwind legs
41&42 Shuffle back (right/left/ right)
43&44 Shuffle back (left/right/ left)
45-48 Turning 540 degrees right on the spot (right, left, right, left)
49 Touch right heel forward at 45 degrees
50 Jump right to center & touch left toe back at 45 degrees
51 Jump left to center & touch right heel forward at 45 degrees
52 Turn ½ turn left-touch right toe together
- 53&54 Shuffle to the right (right/left/right)
55-56 Step left behind right, rock forward onto right
57&58 Shuffle to the left (left/right/left)
59-60 Step right behind left, rock forward onto left
- 61-64 Turning 540 degrees right on the spot (right/left/right/left)
65-68 Bend right knee & tap right heel 4 times

REPEAT

Hand movements are done at the start of the dance & and then are optional. To keep the dance in phrase with the music, an additional 4 heel taps can be added on the third sequence of the dance