

Got It Bad

拍數: 48 牆數: 4 級數: Improver
編舞者: Betsy Courant (USA) & Lisa Spangler
音樂: I Got It Bad - LeAnn Rimes



RIGHT POINT FRONT, POINT SIDE, SAILOR STEP, REPEAT ON LEFT

1-2 Point right foot to front, point right foot to side
3&4 Step right behind left, step left in place, step right forward
5-6 Point left foot to front, point left foot to side
7&8 Step left behind right, step right in place, step left forward

ROCK AND TURN, ROCK, RECOVER, COASTER STEP, ¼ PIVOT LEFT

1&2 Rock forward on right, recover on left making ½ turn to right, step forward on right (6:00)
3-4 Rock forward on left, recover on right
5&6 Step back on left, step right next to left, step left forward
7-8 Step forward on right making ¼ pivot to left (3:00)

CROSSING SHUFFLE, ROCK, RECOVER, SYNC. GRAPEVINE, ½ PIVOT TURN

1&2 Cross right over left as you shuffle to the left - right, left, right
3-4 Rock on left foot to left side, recover on right
5&6 Left step behind right, right step to side, left cross over right
7-8 Step right forward, pivot ½ turn left (weight ending on left) (9:00)

FULL TURN, KICK BALL CHANGE, SYNCOPATED POINTS RIGHT, LEFT, HEEL & STEP

1 Pushing off on right foot, make ½ pivot on ball of left foot (3:00)
2 Pushing off on right foot, make ½ pivot on ball of left foot (9:00)
3&4 Kick right foot forward, step back on right, step on left
5&6& Right toe point to right side, replace next to left, left toe point to left side, replace next to right
7&8 Right heel tap forward, replace next to left, step left foot forward

SAILOR SHUFFLES TRAVEL FORWARD, BACK

1&2 Step right behind left, step left in place, step right forward as you travel forward
3&4 Step back on left, step right in place, step left forward as you travel forward
5&6 Step right behind left, step left in place, step right forward as you travel back
7&8 Step back on left, step right in place, step left forward as you travel back

JAZZ BOX, KICK BALL CHANGE, SYNCOPATED HEEL SWITCHES

1-4 Step right across left, step left back, step right to right, touch left next to right
5&6 Kick right foot forward, step back on right, step on left
7&8& Right heel tap forward, step right next to left, left heel tap forward, step left next to right

REPEAT

RESTART

At end of walls 1 and 3 skip last 8 steps and restart