

Get It Together

拍數: 64 牆數: 2 級數: Advanced
編舞者: Alan Birchall (UK)
音樂: Get It Together - Seal



STEP ½ PIVOT, FULL TRIPLE TURN, SIDE TOGETHER, ROCK, RECOVER, CROSS

1-2 Step forward on left, ½ pivot right (facing 6:00)
3&4 Full triple turn right stepping, left, right, left alternative - left shuffle forward
5-6 Step right to right, left by right
7&8 Rock right to right, recover on left, cross right over left

LEFT COASTER, SCUFF HITCH TURN, STEP, HEEL SPLITS, STEPS BACK

9&10 Step back on left, right by left, step forward on left
11&12 Scuff forward on right, hitch right while making ½ turn left, step back on right (facing 12:00)
13&14 Step back on left, split heels apart, bring heels together (weight ends on left)
15-16 Step back on right, step back on left

STEP, CROSS, ¼ TURN, ¼ TURN, CROSS, FULL MONTEREY TURN, TOUCHES

&17-18 Step back on right, cross left over right, step right to right making ¼ turn left (facing 9:00)
19-20 Step left to left making ¼ turn left, cross right over left (facing 6:00)
21-22 Touch left to left, making full turn left step left by right (facing 6:00)

Alternative: touch left, step left by right

23&24 Touch right to right, touch right by left, touch right to right (no weight)

BODY ROLL (OR ALTERNATIVE), RIGHT SAILOR STEP, BEHIND, SIDE CROSS, STEP, TOUCH

25-26 Stepping onto right body roll right (weight ends on left)

Alternative - rock right to right, recover on left

27&28 Cross right behind left, step left by right, step right to right
29&30 Cross left behind right, step right to right, cross left over right
31-32 Step right to right, touch left by right

ROLLING VINE LEFT, SIDE, BEHIND, SYNCOPATED WEAVE

33-34 Step left to left making ¼ turn left, on ball of left make ½ turn left stepping back on right
35&36 On ball of right make ¼ turn left stepping left to side, clap hands twice while touching right by left
37-38 Step right to right, left behind right
&39 Step right to right, cross left over right
&40 Step right to right, cross left behind

HEEL JACK, HOLD, STEP, CROSS, HOLD, HEEL TWIST TURN, KICKS

&41 Step back on right diagonal, extend left heel (click fingers in line with angle of body while looking to right) **restart here on fourth wall replace heel with step ½ pivot
42 Hold
&43 Step left by right, cross right over left
44 Hold
45&46 Twist both heels right, left, right making ½ turn left (weight ends on left facing 12:00)
47& Small low kick forward with right, step right by left
48& Small low kick forward with left, step left by right

STEP ½ PIVOT, SQUAT DOWN, STAND UP, STEP ½ PIVOT, HIP BUMPS

49-50 Step forward on right making ½ turn left, step back on left (facing 6:00)
51-52 Squat down, stand up (weight stays on left) alternative - hip bumps left, right

53-54 Step forward on right making ½ turn right, step back on left
55&56 Bump hips left, right, left (weight ends on left facing 12:00)

MODIFIED JAZZ BOX ¼ TURN, BEHIND, ¼ TURN, STEP, TURN, STEP

57-58 Cross right over left, step back on left
59-60 Step right to right making ¼ turn right, step left to left (facing 3:00)
61-62 Cross right behind left, step left to left making ¼ turn left (facing 12:00)
63&64 Step forward on right, ½ pivot left, step forward on right (facing 6:00)

REPEAT

TAG

After 1st and 3rd wall

TOUCHES, ¼ MONTEREY, MODIFIED ½ MONTEREY, TAP, STEP, HEEL

1&2 Touch left to left, step left by right, touch right to right
&3 Step right by left making ¼ turn right, touch left to left (facing 9:00)
&4 Step left by right, touch right to right
5-6 Make ½ turn right step right to right, step forward on left (facing 3:00)
7&8 Tap right behind left, step back on right, extend left heel forward (weight on right, facing 3:00)

LOCK, ROCK, RECOVER, BEHIND SIDE, IN FRONT, ¾ TURN RIGHT, SKATES TWICE, CROSS SHUFFLE

&9 Step slightly forward on left, lock right behind left
10& Rock forward on left, recover on right
11&12 Step back on left, step right to right making ¼ turn right, cross left over right (facing 6:00)
&13-14 Unwind ½ turn right, skate right, skate left (facing 12:00)
15&16 Cross right over left, step left to left, cross right over left

EASIER OPTION FOR COUNTS &9-16:

&9 Step slightly forward on left, lock right behind left
10& Rock forward on left, recover on right
11 Step left to left making ¼ turn left!! (facing 12:00)
& Step right by left
12 Rock left to left
13-14 Skate right, skate left
15&16 Cross right over left, step left to left, cross right over left
