

Get Off

拍數: 32 牆數: 2 級數: Improver
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音樂: Get Off - Prince



SAILOR STEP, CROSS FULL TURN, COASTER STEP, POINT, HITCH ½ TURN

- 1 Right foot cross behind left foot
- & Left foot step next to right foot
- 2 Right foot step to right side
- 3 Left foot cross over right foot
- 4 Full turn over right shoulder on both feet
- 5 Left foot step backwards
- & Right foot step close to left foot
- 6 Left foot step forward
- 7 Point right foot backwards
- 8 Turn ½ over right shoulder hitch up right knee

KNEE TWISTS, BEHIND AND CROSS, WALK, WALK

- 1 Right foot twist out place upper body over right foot (weight on toe right foot)
- & Right foot twist in (weight on toe right foot)
- 2 Right foot twist out (weight on toe right foot)
- 3 Push weight back on left foot
- 4 Pull up right knee
- 5 Right foot step behind left foot
- & Step left foot ¼ to left(facing 3, 00:00)
- 6 Right foot step forward
- 7 Push weight on right toe stepping left foot forward
- 8 Push weight on left toe stepping right foot forward(kind of forward moonwalks)

OUT, OUT, KNEE, JUMP (IN-OUT), TWIST

- & Right foot step to right side
- 1 Left foot step to left side
- 2 Bend right knee in upper body to left side
- 3 Bend left knee(right leg not fully bended)upper body to right side
- 4 Push upper body upwards again
- 5 Jump right foot forward and left foot backwards
- & Hitch right foot backwards pull up left knee
- 6 Step left foot forward and right foot backwards
- 7 Jump right foot forward and left foot backwards
- & Twist both feet out to right side
- 8 Twist both feet to left side(weight ends on left foot)

BOUNCING CROSS STEPS, ¾ TURN, STEP, WALK, WALK

- 1 Step right foot cross over left foot(pushing weight on left toe)
- & Put weight on left toe pushing right foot slightly up
- 2 Step right foot to right side(still crossed over left foot)
- 3 Turn ¾ over left shoulder(facing 6, 00:00)
- & Step right foot to right side
- 4 Point left foot behind right foot as far as you can(left foot pointing 9, 00:00)
- 5 Slowly put weight on left foot(pulling right foot slightly clear from the floor)
- 6 Right foot touch behind left foot

- 7 Right foot cross behind left foot
- 8 Left foot step to left

REPEAT
