

Get Reel

拍數: 32 牆數: 4 級數: Improver
編舞者: Marco Maselli (BEL)
音樂: Get Reel - Urban Trad



The track starts with a "disco sound". Start dancing after 32 count when the music begin to sound "Irish"

SIDE ROCK, RIGHT CHASSE WITH ¼ TURN, PIVOT ½ TURN, FORWARD SHUFFLE

1-2 Right foot rock on right side, left foot take weight back on left foot
3&4 Right foot step right, left foot close beside right foot, right foot step ¼ turn right
5-6 Left foot step forward, pivot ½ turn right
7&8 Left foot step forward, right foot close beside left foot, left foot step forward

STEP, STEP, TURN, TURN, SAILOR STEP, SAILOR STEP

1-2 Right foot step forward, left foot step forward
3-4 Pivot ½ turn right, on ball of right foot turn ½ right step left foot backward
5&6 Right foot cross step behind left foot, left foot step left, right foot step right
7&8 Left foot cross step behind right foot, right foot step right, left foot step left

SCUFF, SCOOT FORWARD WITH HITCH, STOMP (RIGHT THEN LEFT), TOUCH RIGHT HEEL, STEP, TOUCH LEFT TOE, STEP, TOUCH RIGHT HEEL, STEP, TOUCH LEFT TOE

1&2 Right foot scuff forward, scoot forward on left foot hitching right knee, right foot stomp forward
3&4 Left foot scuff forward, scoot forward on right foot hitching left knee, left foot stomp forward
5& Right foot touch heel forward, right foot step beside left foot
6& Left foot touch toe backward, left foot step beside right foot
7&8 Right foot touch heel forward, right foot step beside left foot, left foot touch toe backward

TOUCH LEFT HEEL, STEP, TOUCH RIGHT TOE, STEP, TOUCH LEFT HEEL, STEP, TOUCH RIGHT TOE, SCUFF, SCOOT FORWARD WITH HITCH, STOMP, STOMP, CLAP CLAP

1& Left foot touch heel forward, left foot step beside right foot
2& Right foot touch toe backward, right foot step beside left foot
3&4 Left foot touch heel forward, left foot step beside right foot, right foot touch toe backward
5&6 Right foot scuff forward, scoot forward on left foot hitching right knee, right foot stomp forward
7&8 Left foot stomp forward, clap your hands twice on counts &8

REPEAT

Urban Trad is The Belgian band who took the 2nd place at the 2003 European Song Contest "Eurovision" with the song "Sanomi".