

Get Rhythm

拍數: 32 牆數: 4 級數: Improver
編舞者: Pam Cassells (AUS)
音樂: Get Rhythm - Alan Jackson



HEEL AND STEP, HEEL AND STEP, SAILOR STEP, SAILOR STEP

1&2 Touch right heel forward, step right beside left, step left forward
3&4 Touch right heel forward, step right beside left, step left forward
5&6 Right sailor step - step right behind left, step left to left side, rock/replace weight onto right
7&8 Left sailor step - step left behind right, step right to right side, rock/replace weight

HIP, HIP, HIP ROLL, HIP, HIP, HIP ROLL

1-2 Step right slightly forward pushing hips right, left
3&4 Hip roll - rotate hips to the right transferring weight right, left, right
1-2 Step left slightly forward pushing hips left, right
3&4 Hip roll - rotate hips to the right transferring weight left, right, left

STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

1-2 Step right forward, lock left behind right
3&4 Right shuffle forward - step right forward, step/slide left beside right, step right forward
5-6 Step left forward, lock right behind left
7&8 Left shuffle forward - step left forward, step/slide right beside left, step left forward

STEP FORWARD, ROCK BACK, TURN ½ & SHUFFLE, TOUCH, HOLD, &, TOUCH, HOLD

1-2 Step right forward, rock/replace weight back on left
3&4 Turning ½ turn right - right shuffle forward - step right forward, step/slide left beside right, step right forward
5-6 Touch left toe to left side, hold for one count
&7-8 Step left beside right, touch right toe to right side, hold for one count

REPEAT
