

Get The Party Started

拍數: 32 牆數: 2 級數: Improver
編舞者: Christian Sildatke (DE)
音樂: Get the Party Started - P!nk



SLIDE WALKS (2X), ROCK STEP, HITCH, SAILOR STEP, SAILOR STEP WITH ¼ TURN

- 1 Right foot - slide step right diagonally forward
- 2 Left foot - slide step left diagonally forward
- 3 Right foot - rock step right diagonally forward
- & Left foot - step in place (recover)
- 4 Right foot - hitch right foot
- 5 Right foot - step left diagonally behind left foot
- & Left foot - step next to right
- 6 Right foot - step right to the right side
- 7 Left foot - step right diagonally behind right foot
- & Right foot - step next to left foot
- 8 Left foot - step forward with a ¼ turn left

TURN, SWEEP, BEHIND AND CROSS, BRUSH, TWISTS, SLIDE, STOMP

- 9 Right foot - step forward on heel of foot with a ¾ turn left
- 10 Left foot - sweep around right foot, ending left diagonally behind right foot
- 11 Left foot - step behind right foot
- & Right foot - step to the right side
- 12 Left foot - cross over right foot
- 13 Right foot - brush to the right side
- & Right foot - step on foot
- 14 Right foot - twist right heel out
- & Right foot - twist right heel in
- 15 Right foot - slide on heel of foot ending beside left foot
- 16 Right foot - stomp in place

STEP, TOGETHER, KICK & TOUCH, STEP, SLIDE, SLIDE STEPS

- 17 Right foot - step forward
- 18 Left foot - step next to right
- 19 Right foot - kick forward
- & Right foot - step next to left
- 20 Left foot - toes touch forward
- 21 Left foot - step forward
- 22 Right foot - slide beside left foot
- 23 Right foot - slide step right diagonally forward
- 24 Left foot - slide step left diagonally forward

SLIDE STEP, TWISTS, KICK & STEP, BUMPS, KICK, BALL, STEP

- 25 Right foot - slide step right diagonally forward
- 26 Right foot - twist right heel out
- 27 Right foot - twist right heel in
- 28 Right foot - kick with a ¼ turn right
- & Right foot - step next to left
- 29 Left foot - step forward
- 30 Right foot - step forward
- 31 Right foot - ½ turn right with hitch

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Left foot - step forward

REPEAT
