

Get This Way

拍數: 48 牆數: 4 級數: Intermediate nightclub
編舞者: Joanna Wingrove (UK)
音樂: My My My (Radio Edit) - Armand Van Helden



RIGHT SIDE ROCK AND CROSS, LEFT SIDE ROCK AND CROSS, FORWARD ROCK RECOVER, TRIPLE FULL TURN

- 1&2 Rock right foot to right side, recover onto left foot, cross right foot in front of left
- 3&4 Rock left foot to left side, recover onto right foot, cross left foot in front of right.
- 5-6 Rock right foot forward, recover back onto left foot
- 7&8 Triple full turn, stepping right, left, right, (over right shoulder)

LEFT ROCK RECOVER, TRIPLE ¾ TURNS, RIGHT POINT MONTEREY, LEFT POINT MONTEREY

- 1-2 Rock forward on left foot, recover back onto right foot
- 3&4 Triple ¾ turns, left, right, left, (over left shoulder)
- 5-6 Point right foot to right side, Monterey half over right shoulder, weight ends on right foot
- 7-8 Point left foot out to left side, Monterey half over left shoulder, weight ends on left foot

RIGHT JAZZ BOX, RIGHT SIDE ROCK AND CROSS, LEFT KICK BALL CHANGE

- 1-4 Cross right foot in front of left foot, step back onto left foot, step right to right side, cross left foot in front of right foot
- 5&6 Rock right foot to right side, recover onto left foot, cross right foot in front of left
- 7&8 Kick left foot forward, place left foot next to right, cross right foot in front of left

BOUNCE, BOUNCE HALF TURN, LEFT COASTER STEP, RIGHT SIDE TOGETHER FORWARD, LEFT CHASSE

- 1-2 Turn a ¼ left on balls of the feet, then repeat again weight ends on right foot
- 3&4 Step left foot back, join right foot next to left, step left foot forward
- 5&6 Step right foot out to right side, step left next to right, step right foot forward
- 7&8 Step left foot out to left side, step right foot next to left, step left foot out to left side

RIGHT TOE STRUT, LEFT TOE STRUT, STEP LOCK, LOCKING SHUFFLE

- 1-2 Touch right toe forward, put weight onto foot
- 3-4 Touch left toe forward, put weight onto foot
- 5-6 Step right foot forward, lock left foot behind right
- 7&8 Step right foot forward, lock left foot behind right, step right foot forward

LEFT ROCK RECOVER, ½ SHUFFLE, SHUFFLE ½, BEHIND, SIDE, CROSS

- 1-2 Rock left foot forward, recover back onto right foot
- 3&4 Shuffle ½ turning left, stepping left, right, left
- 5&6 Shuffle back, turning ½ left, stepping right, left, right
- 7&8 Step left foot behind right, step right foot out to right side, step left foot across in front of right

REPEAT

RESTART

On wall 4, after first 16 counts (after the Monterey turns), start again. The beat in the music will soften slightly and suddenly it will pick up again as you restart