

Get With The Beat

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Chantelle Ramsey (UK)
音樂: The Way You Love Me (Radio Edit Mix) - Faith Hill



FORWARD WALKS, RIGHT & LEFT LOCK STEPS

- 1-2 Step right foot forward, hold (weight on right)
- 3-4 Step left foot forward, hold (weight on left)
- 5&6 Step right foot forward, lock step left behind right, step right foot forward
- 7&8 Step left foot forward, lock step right behind left, step left forward

HALF TURNS, RIGHT & LEFT BACK LOCK STEPS

- 9-10 Step right foot back making a ½ turn over right shoulder. Hold
- 11-12 Step left foot forward making ½ pivot turn over left shoulder. Hold
- 13&14 Step right foot back, cross left lock over right, step back right
- 15&16 Step left foot back, cross right lock over left, step back left

RIGHT & LEFT SWEEPS, MAMBO SIDE STEPS

- 17-18 Point right foot in front of left, sweep right foot from front to back of left (weight on) hold
- 19-20 Point left foot in front of right, sweep left foot from front to back of right (weight on) hold
- 21&22 Rock right foot out to side, rock left in place, step right foot in place next to left, weight on right
- 23&24 Rock left foot out to side, rock right in place, step left foot in place next to right, weight on

RIGHT ROLLING GRAPEVINE, LEFT ½ ROLLING GRAPEVINE

- 25-28 Step right ¼ turn to right, step ½ right stepping back left, step right ¼ turn right, touch left next to right
- 29 Step left ¼ turn to left
- 30 Step right forward into a ½ turn over left shoulder stepping back on right foot
- 31&32 Make a ¾ turn over left shoulder stepping back left, right, left (¾ triple turn)

RIGHT & LEFT CROSS ROCKS, PIVOT TURN CROSS UNWIND ¾

- 33&34 Cross right over left, rock back on left, rock weight back onto right
- 35&36 Cross left over right, rock back on right, rock weight back onto left
- 37-38 Step right forward pivot ½ turn left
- 39-40 Cross right foot over left, unwind ¾ turn over left shoulder

SIDE MAMBO, TRIPLE ½ TURN TWICE, MAMBO TOGETHER

- 41&42 Rock step right to right side, rock in place on left, touch right next to left
- 43&44 Step right foot forward, pivot ½ turn left, step forward right
- 45&46 Step left foot forward, pivot ½ turn right, step forward left
- 47&48 Rock forward on right, rock in place on left, as you bring your right next to left foot, push bottom back. (weight on left)

REPEAT
