

Gitchy, Gitchy

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Mare Dodd (USA)
音樂: Lady Marmalade - Christina Aguilera, Pink, Mya And Lil' Kim



HEEL JACKS; STEP; CROSSING SHUFFLE TO LEFT; TURN ¼; TURN ½

1&2 Cross right over left; step back on left; dig right heel forward
&3&4 Step on right; cross left over right; step back on right; dig left heel forward
&5&6 Step on left; shuffle right-left-right across & in front of left foot (moving to left)
7-8 Turn ¼ left as you step on left; on ball of left, turn ½ left as you step on right

LEFT COASTER STEP; FULL TURN LEFT; RIGHT SHUFFLE FORWARD; FULL TURN RIGHT

1&2 Left coaster step: step back on left, step right beside left, step left forward
3-4 Turn one full turn to left stepping right-left
5&6 Shuffle forward right-left-right
7-8 Turn one full turn to right stepping left-right

STEP LEFT -PIVOT ½ RIGHT; LEFT SHUFFLE; STEP RIGHT - PIVOT ½ LEFT; RIGHT SHUFFLE

1-2 Step forward on left; pivot ½ right (weight. On right)
3&4 Shuffle forward left-right-left
5-6 Step forward on right; pivot ½ left (weight. On left)
7&8 Shuffle forward right-left-right

ROCK LEFT - RECOVER RIGHT; TURN 2 FULL TURNS LEFT; LEFT COASTER STEP

1-2 Rock forward on left; recover back on right
3-4 Turn ½ left as you step forward on left; turn ½ left as you step back on right
5-6 Turn ½ left as you step forward on left; turn ½ left as you step back on right
7&8 Left coaster step: step back on left; step right beside left, step left forward slightly

REPEAT
