From The Shadows Of Fire



拍數: 32 牆數: 4 級數: Intermediate

編舞者: The Phoenix (UK) 音樂: Got to Get It - Sisgó



BACK, TOUCH, (1/2-LEFT) BODY ROLL, TOGETHER, SIDE CHASSE, HIP BUMPS

1-2 Step right back, touch left toe back

3 On balls of both feet pivot ½ turn over left shoulder: while completing a body roll upwards

4 Step right beside left

5&6 Step left to left side, step right beside left, step left to left side

7&8 Bump hips: left, right, left

SYNCOPATED SIDE CHASSES, SNAKE ROLL, HIP BUMPS

& Hold for 1 count

1-2 Step left beside right, step right to right side

& Hold for 1 count

3-4 Step left beside right, step right to right side For extra styling try snake rolling on the hold beats above

5-6 Complete a snake roll to your right

7&8 Bump hips: left, right, left

STEP, SPIN (11/4-LEFT), SIDE CHASSE, HIP BUMPS

1 Step right forward

2 Raise both arms to both sides at shoulder level with palms facing up so your arms are now

bent imitating the letter 'W' where the left & right points are your arms, and the center is your

body

3-4 (Keeping hands in position) while touching right toe to right side spin 1 ½ turns left on ball of

left foot

Drop hands from here: step right to right side, step left beside right, step right to right side

7&8 Bump hips: right, left, right

KICK-BALL-SIDE, TOUCH, SIDE, STEP, STEP, SPIN FULL TURN, TOUCH: IN-OUT-STOMP

1&2 Kick right forward, step right beside left, step left to left side

Touch right beside left, step right to right side, step left beside right

5 Step right forward: raising both arms to both sides at shoulder level with palms facing up so

your arms are now bent imitating the letter 'W' where the left & right points are your arms,

and the center is your body

6 Keeping hands in position: while touching right toe to right side: spin 1 full turn left on ball of

left foot

7&8 Drop hands from here: touch right beside left, touch right toe to right side, up-stomp right

beside left

REPEAT