

Get A Grip

拍數: 48 牆數: 2 級數: Improver
編舞者: Kathy Brown (USA) & Nancy Morgan (USA)
音樂: She's Sexy & 17 - The Stray Cats



SIDE TOGETHER, SIDE TOGETHER, RIGHT VINE, STEP LEFT

1-2 Point right to side, touch right next to left
3-4 Point right to side, touch right next to left
5-6 Step right to side, step left behind right
7-8 Step right to side, step left to left side

ROCK RETURN, STEP HOLD, ROCK RETURN STEP HOLD

1-2 Rock right behind left, return left
3-4 Step right to side, hold
5-6 Step left behind right, return right
7-8 Step left slightly forward, hold

STEP HOLD, STEP HOLD, SHORTY GEORGE

1-2 Step right slightly forward, angling body diagonally right, hold
3-4 Step left slightly forward, angling body diagonally left, hold
5-6 Step right forward diagonally, step left forward diagonally
7-8 Step right forward diagonally, step left forward diagonally

KICK STEP BEHIND, STEP SIDE, STEP TOGETHER, KICK ¼ TURN, SLOW COASTER

1-2 Kick right diagonally right, step right behind left
3-4 Step left to side, step right next to left
5-6 Turning ¼ left, kick left forward, step back on left
7-8 Step right next to left, step left forward

STEP HOLD, PIVOT HOLD, KICK STEP, KICK STEP

1-2 Step forward on right, hold (snap fingers)
3-4 Pivot ½ left, hold (snap fingers)
5-6 Kick right forward, step right next to left
7-8 Kick left forward, step left next to right

TWIST LEFT, TWIST RIGHT ¼ TURN, SLOW COASTER, STEP

1-2 Twist heels, left, right
3-4 Twist heels left turning ¼ right, hold
5-6 Step back right, step left next to right
7-8 Step forward right, step forward left

REPEAT
