

Get A Life

拍數: 32 牆數: 2 級數: Beginner
編舞者: Celebrities Cowboy Corral
音樂: All I Want Is a Life - Tim McGraw



MILITARY PIVOTS, LEFT VINE WITH STOMP

- 1-2 Step left foot forward; pivot ½ turn right on ball of left foot, shifting weight to right
- 3-4 Step left foot forward; pivot ½ turn right on ball of left foot; shifting weight to right
- 5-6 Step left foot to left side; cross-step right foot behind left
- 7-8 Step left foot to left side; stomp (up) right beside left.

RIGHT VINE, TURN, KICK-BALL-CHANGES

- 9-10 Step right foot to right side; cross-step left foot behind right
- 11&12 Step right foot to right side; pivot ½ turn right; step left slightly forward
- 13&14 Kick right foot forward; step on ball of right; step left beside right
- 15&16 Kick right foot forward; step on ball of right; step left beside right.

HIP BUMPS

- 17-18 Step right foot to right side bumping hips to the right; bump hips right again
- 19-20 Step left foot beside right; hold and clap hands
- 21-22 Step left foot to left side bumping hips to the left; bump hips left again
- 23-24 Slide right foot next to left; hold and clap hands.

JUMP, CROSS, UNWIND, CLAP; JUMP, CROSS, UNWIND, CLAP

- 25-26 Jump landing with feet about shoulder width apart; jump crossing right over left
- 27-28 Unwind ½ turn left; hold and clap hands
- 29-30 Jump landing with feet about shoulder width apart; jump crossing right over left
- 31-32 Unwind ½ turn left; hold and clap hands.

REPEAT
