

Get It

拍數: 32 牆數: 2 級數: Improver
編舞者: Viola Rensen (NL)
音樂: Get Mine, Get Yours - Christina Aguilera



WALK WALK (FORWARD) SHUFFLE, WALK WALK (BACK) SHUFFLE

- 1 Right foot - step/walk forward (12:00)
- 2 Left foot - step/walk forward
- 3&4 Right foot - shuffle to the right side
- 5 Left foot - step back
- 6 Right foot - step back
- 7&8 Left foot - shuffle to the left side

POINTS WITH SAILOR STEP

- 9 Right foot - point forward
- 10 Right foot - point to the right side
- 11&12 Right foot - sailor step with a ¼ turn to the right side (3:00)
- 13 Left foot - point forward
- 14 Left foot - point to the left side
- 15&16 Left foot - sailor step

POINTS, STEP AND CLOSE, BUMP HIPS

- 17 Right foot - point forward
- 18 Right foot - point backward
- 19 Right foot - step to the right side ¼ turn (12:00)
- 20 Left foot - close to right foot
- 21&22 Right foot - bump right hip to the right side 2x
- 23& Left foot - turn ½ to the left side (6:00) and
- 24 Bump left hip to the left side

TURN 1 ¼, KICK BALL CHANGE AND HIP

- 25 Right foot - step forward with a turn ¼ to right side (9:00)
- 26 Left foot - turn ½ to the right side (3:00)
- 27 Right foot - turn ½ to the right side (9:00)
- 28 Left foot - close next to right foot
- 29& Right foot - kick forward
- 30 Left foot - ball change en step forward
- 31 Right hip up
- 32 Right hip down

REPEAT
