

Come Get It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Karen Jones (UK) & Barry Porter (UK)
音樂: Get the Party Started - P!nk



KICK RIGHT FORWARD, SIDE (WITH HEEL BOUNCES), RIGHT SAILOR STEP, KICK LEFT FORWARD, SIDE (WITH HEEL BOUNCES), LEFT SAILOR STEP

1-2 Kick right forward, kick to right side (bounce left heel with each kick)
3&4 Right steps behind left, step left to left side, step right slightly forward
5-6 Kick left forward, kick to left side (bounce right heel with each kick)
7&8 Left steps behind right, step right to right side, step left slightly forward

RIGHT SAILOR STEP WITH ½ TURN RIGHT, LEFT FORWARD SHUFFLE, FULL TURN MONTEREY TO RIGHT, LEFT POINT, HITCH, CROSS

9 Step right behind left starting to turn ½ right
& Step left out to left side completing the turn (now facing 6:00 wall)
10 Step right slightly forward (same as foot work for a sailor step, with ½ turn right)
11&12 Left shuffle forward stepping left, right, left
13 Point right toe to right side
14 Spin full turn right on ball of left foot, step right next to left with weight
15&16 Point left to left side, hitch left up across right, step in front of right (weight ends on left)

TWO KNEE PUMPS, COASTER STEP WITH ¼ TURN RIGHT, STEP LEFT, BALL, STEP, HOLD, BALL, STEP

&17 Hitch right knee in toward body, extend right heel toward right diagonal (pumping action)
&18 Hitch right knee in toward body(&), extend right heel toward right diagonal (pumping action)
19 Step right behind left commencing ¼ turn right
&20 Step left together with right completing turn, step forward on right (now facing 9:00 wall)
21&22 Step left forward, step right together with weight on ball of right, step left forward
23&24 Hold, step right together with weight on ball of right, step left forward

When you have finished this section you should be facing 12:00 wall

Styling: throughout 21-24, your eyes follow your right hand

21 Step left forward leaning body forward and stretching right arm toward 9:00 wall, hands open as if about to pick an object off a table in front of you
& Bringing the right ball of foot toward left straighten body to upright position, closing grasp (imaginary object now in hand) right arm in front
22 Stepping left forward, look to right and extend arm to 3:00 wall opening grasp (let go of imaginary object)
23 Hold foot position leaning body forward and stretching right arm toward 9:00 wall, hands open as if about to pick an object off a table in front of you
& Bringing the right ball of foot toward left straighten body to upright position, closing grasp (imaginary object now in hand) right arm in front
24 Stepping left forward, look to right and extend arm to 3:00 wall opening grasp (let go of imaginary object)

JUMP JUMP KICK/TURN, RIGHT COASTER STEP, WALK FORWARD LEFT, RIGHT, JUMP OUT, IN, HITCH

25& Jump to left side with both feet together twice (2 bunny hops)
26 Jump back on left turning ¼ right and kicking right forward (now facing 3:00 wall)

Less impact option for counts 25-26

25 Tap right next to left
& Tap right next to left

- 26 Turn ¼ right on ball of left kicking right forward
27&28 Step right back, step left together with right, step right forward
29-30 Walk forward left, walk forward right
31&32 Jump both feet apart, jump both feet together, hop forward on left hitching right knee
- Less impact option for counts 31-32**
- 31 Touch left toe out to left side
& Step left next to right taking weight
32 Hitch right knee

REPEAT
