

Come Get It!

拍數: 0 牆數: 4 級數: Intermediate
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音樂: Aaron's Party - Aaron Carter



Sequence: A, 8 count tag, A (counts 1-32), AAA, 16 count tag, A to end

PART A

- 1-2-3 Step forward on right foot; step forward on left foot; step forward on right foot
4 Complete a full turning spiral turn to the left (in place), weight remains on right foot
5-6 Touch left toe forward, pushing left hip forward; reach a little further forward with left toe, pushing left hip forward
7-8 Rock back onto right foot; rock forward onto left foot
- 1&2 Step forward on right foot; pivot $\frac{1}{4}$ turn to left, taking weight on left foot; cross (step) right foot in front of left foot
3&4 Step left foot to left side; step right foot across and behind left foot; step left foot to left side in an open lunge position (knees bent, feet shoulder width apart, weight on left foot)
5-6 Make a $\frac{1}{4}$ turn to left on left foot and step forward on right foot at the same time; make $\frac{1}{2}$ turn left keeping weight on right foot
7&8 Left lead coaster step (left back, right together, left forward)
- 1&2 Triple forward right, left, right
3-4 Touch left toe out to left side; bring left foot next to right foot bending knees slightly, weight is evenly distributed
5-6 From the waist down, twist $\frac{1}{4}$ turn left; twist to the right, making a $\frac{1}{2}$ turn right and taking weight onto right foot
7-8 Forward motion body roll, keeping weight on right foot
- 1&2 Triple forward left, right, left
3-4 Touch right toe to right side; make a $\frac{1}{2}$ turn to the right on left foot, bringing right foot next to left with no weight (Monterey turn)
5-6 Step right foot to right side (for style, you could complete a side motion body roll); kick left foot across the right leg
7-8 Step left foot next to right foot, bumping hips left twice
- 1&2 On a 45 degree angle right, complete a triple step in place - right, left, right
3-4 Skate on angle to left, skate right making a $\frac{1}{4}$ turn to right
5&6 Step forward on left foot; pivot $\frac{3}{4}$ turn right transferring weight to right foot; point left foot to left side
7-8 Bump left hip to left twice, while transferring weight to left foot
- 1&2 Cross right foot in front of left; step left foot to left side; cross right foot in front of left (crossed triple step)
3-4 Complete a $\frac{1}{2}$ turn to the left (unwind), ending with weight on right foot; lift left knee into figure 4
5-6 Step left foot to left side; step right foot to left foot
7&8 Triple side left, right, left

For style on 5-8, you can use contra body motion, to simulate shoulder lifts, like in Dangerous

REPEAT

8 COUNT TAG

1-8 Complete a full turn to the left on left foot doing 8 mini paddle turns

16 COUNT TAG

1-2-3-4 Make a $\frac{1}{4}$ turn to right, stepping forward on right foot; step forward on left foot; step forward on right foot; step forward on left foot

5 Make a $\frac{1}{4}$ turn to left, stepping right foot to right side, bump right hip to right side

6-7-8 Bump left hip to left side; bump right hip to right side twice, taking weight onto right foot

9-16 Complete the above 8 counts exactly opposite (i.e. Left for right etc)
