Get Back

拍數: 32	牆數: 4	級數: Improver

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音樂: Get Back - Britney Spears

Start the dance facing 12 O Clock Intro 16 count after that vocal says 'one, two, three, four'

(1-8) BROOKLYN UP ROCK, HITCH, STEP 1/4 TURN, TOGETHER, 2X PUMP BODY FWD

1-2	Rf jump forward, Rf jump back and kick Lf forward (12:00)
3&4	Lf step back in center, Rf kick forward, Lf kick forward, Rf make a hitch with R knee
5-6	Rf step to the right, Lf step next to Rf weight onto both feet (3:00)
7&8	2x pump with your body forward and lift your both toes up and step back in center (3:00)

(9-16) SAILOR STEP, SAILOR STEP, SAILOR CROSS, 1/2 TURN, STOMP

1&2	Rf step behind Lf, Lf step to the left, Rf step to the right (3:00)
3&4	Lf step behind Rf, Rf step to the right, Lf step to the left weight onto Lf (3:00)
5&6	Rf step behind Lf, Lf step to the left, Rf step across Lf weight onto both feet (3:00)
7&8	Rf+Lf 1/2 turn left, Lf stomp next Rf take weight onto Lf (9:00)

(Option: when you stomp, you can't move your shoulders if you want)

(17-24) PUSH STEP SIDE, 2X BODY PUMP FWD, SIDE STEP 1/4 TURN, TOGETHER, PUSH STEP SIDE, 2X BODY PUMP FWD, SIDE STEP 1/4 TURN, TOGETHER,

1&2	Rf step on toe to the side, 2x pump with your body forward holding weight onto Rf
&3-4	Take weight back on Lf, Rf step to right with 1/2 turn right, Lf step next Rf weight onto Lf (3:00)
5&6	Rf step on toe to the side, 2x pump with your body forward holding weight onto Rf
&7-8	Take weight back on Lf, Rf step to right with 1/2 turn right, Lf step next Rf weight onto Lf (9:00)

(25-32) SIDE STEP, 1/4 TURN HITCH, SHUFFLE FWD, 1/4 SIDE LUNGE, HOLD STEP CENTER, SNAKE ROLL LEFT, TAP TOGETHER

1-2	Rf step to the right, 1/4 turn left and make a hitch with your L knee (6:00)
3&4	Lf step forward, Rf close behind Lf, Lf step forward weight onto Lf
5-6	1/4 turn left and Rf step out in a lunge position, HOLD (3:00)
&7-8	Lf take weight back, and make a snake roll to the left, Rf tap next Lf weight onto Lf (3:00)

REPEAT AND HAVE FUN!