

Get Right Back

拍數: 32 牆數: 4 級數: Improver
編舞者: Sadiah Heggernes (NOR/UK) - September 2008
音樂: Right Back To Where We Started From - Maxine Nightingale



SUGGESTED MUSIC: "HEADS CAROLINA, TAILS CALIFORNIA" by Jo Dee Messina

Intro: 32 Count Intro – start on vocals

Section 1: Rocking Chair, ¼ Turn Chasse, Cross Unwind ½ Turn

1-2 Rock forward on right. Rock back on left.
3-4 Rock back on right. Rock forward on left.
5&6 ¼ turn left stepping right to right side, close left beside right, step right to right side 9:00
7-8 Cross left over right unwinding ½ turn right (weight ends on left) 3:00

Section 2: Jazz Box Toe Strut ¼ Turn

1-2 Touch right toe to right side. Drop right heel taking weight
3-4 Touch left toe over right. Drop left heel taking weight.
5-6 Touch right toe back. Drop right heel taking weight.
7-8 ¼ turn left touching left toe forward. Drop left heel taking weight 12:00

Styling: Swing arms & click fingers while doing toe struts

Section 3: Kick Ball Cross x 2,(travelling sideways) ¼ Turn Run Back, Stomp, Clap

1&2 Kick right diagonally forward. Small step to right side with right. Cross left over right
3&4 Kick right diagonally forward. Small step to right side with right. Cross left over right
5-6 ¼ turn right running back right-left
7-8 Run back right. Stomp left beside right & clap. 3:00

Section 4: Back Lock Step , Side, Forward Lock Step, Scuff

1-2 Step back on left. Lock right in front of left.
3-4 Step back on left. Step right to right side.
5-6 Step forward on left. Lock right behind left.
7-8 Step forward on left. Scuff right beside left. (weight stays on left. 3:00