

You Can Get It

拍數: 32 牆數: 2 級數: High Beginner
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音樂: You Can Get It - Paul Bailey



Intro: 16 count

Tag: There are 3 easy tag

*1 st. Tag after wall 2 - 8 Count - (Facing the front wall)

*2 nd. Tag after wall 4 - 16 Count - (Facing the front wall)

*3 rd, Tag after wall 6 Th. Wall - 8 Count (Facing the front wall)

Side rock cross, hold, & cross, hold, & cross, hold

1 - 2 Rock right to right side, recover
3 - 4 Cross right over left, hold (Weight on right)
& 5 - 6 Step left a small step to left side, cross right over left, hold
& 7 - 8 Step left a small step to left side, cross right over left, hold

Side rock, recover, behind side cross, Step fwd. right, touch, Lock step back left

1 - 2 Rock left to left side, recover
3 & 4 Cross left behind right, step right to right side, cross left over right
5 - 6 Step Fwd. right, Touch left behind right
7 & 8 Step left back, Lock right in front of left, Step left back

½ turn shuffle back right, step fwd. touch, & heel & touch, & Heel & touch

1 & 2 ¼ turn right, step right to right side, step left beside right, ¼ turn right, step fwd. right
3 - 4 Step fwd. left, touch right behind right
& 5 & 6 Step back on right, touch left heel fwd. step left beside right, touch right toe behind left
& 7 & 8 Step back on right, touch left heel fwd. step left beside right, touch right toe behind left

Kick fwd. & right, sailor step ¼ turn right, Kick fwd. & left, Sailor step ¼ turn left

1 - 2 Kick right fwd. kick right to right side.
3 & 4 Sweep right behind left, make a ¼ turn right, step left beside right, step right beside left
5 - 6 Kick left fwd. kick left to left side.
7 & 8 Sweep left behind right, make a ¼ turn left, step right beside left, step left beside right

Tag 1 and 3 - (8 Count) - Is the same as section 4

Kick fwd. & right, sailor step ¼ turn right, Kick fwd. & left, Sailor step ¼ turn left

1 - 2 Kick right fwd. kick right to right side.
3 & 4 Sweep right behind left, make a ¼ turn right, step left beside right, step right beside left
5 - 6 Kick left fwd. kick left to left side.
7 & 8 Sweep left behind right, make a ¼ turn left, step right beside left, step left beside right

Tag 2 - (16 Count)

Kick fwd. & right, sailor step ¼ turn right, Kick fwd. & left, Sailor step ¼ turn left

1 - 2 Kick right fwd. kick right to right side.
3 & 4 Sweep right behind left, make a ¼ turn right, step left beside right, step right beside left
5 - 6 Kick left fwd. kick left to left side.
7 & 8 Sweep left behind right, make a ¼ turn left, step right beside left, step left beside right

Rock fwd. right, recover, Coaster step right, Rock fwd. left, recover, Coaster step left

1 - 2 Rock fwd. right, recover
3 & 4 Step right back, step left beside right, Step fwd. right
5 - 6 Rock fwd. left, recover

7 & 8 Step left back, step right beside left, Step fwd. left

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