

U Got It All

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - November 2009
音樂: Dance With Me (feat. Flo Rida) - Aaron Carter



Starts after 32 Counts

Side, Hold & Side, Step, Step, 1/2 Pivot, 1/4, Touch.

- 1-2& Step Left to Left side, Hold, step Right next to Left.
- 3-4 Step Left to Left side, step forward on Right.
- 5-6 Step forward on Left, pivot 1/2 turn to Right.
- 7-8 Make 1/4 turn to Right stepping Left to Left side, touch Right behind Left.

1/4, Rock & Kick, Cross, Rock & Cross, 1/4, Side, Cross.

- 1 Make 1/4 turn to Right stepping forward on Right.
- 2&3& Rock to Left side on Left, recover on Right, kick Left forward, cross step Left over Right.
- 4&5 Rock to Right side on Right, recover on Left, cross step Right over Left.
- 6-8 Make 1/4 turn to Right stepping back on Left, step Right to side, cross step Left over Right.
(3:00)

1/8, Hold, & Rock Step, Coaster Step. Ball Step, Step.

- 1-2 Make 1/8 turn to Right stepping forward on Right (4:30), Hold.
- &3-4 Step Left next to Right, rock forward on Right, recover on Left. (4:30)
- 5&6 Step back on Right, step Left next to Right, step forward on Right. (4:30)
- &7-8 Step Left next to Right, step forward on Right, step forward on Left. (4:30)

Paddle 3/8, Out Out, Together, Cross, Sway, Sway, Cross.

- 1-2 Making 3/8 turn to Left paddle/touch Right foot flat twice (pushing out Right hip)
- &3-4 Step Right to Right side, step Left to Left side, step Right next to Left.
- 5-6 Cross step Left over Right, sway hips to Right.
- 7-8 Sway hips to Left, cross step Right over Left.

1/4, 1/2, Walk, Walk, Out Out, Back, Back, 1/4.

- 1-2 Make 1/4 turn to Right as you step back on Left (step back with small jump.. as you do sweep Right out to side..), Take sweep into 1/2 turn Right stepping forward Right. (9:00)
- 3-4 Walk forward Left-Right.
- &5-6 Step Left to Left side, step Right to Right side, step back on Left.
- 7-8 Step back on Right, make 1/4 turn Left stepping Left to Left side.

1/2 Hinge, Sailor 1/2 Cross, Scuff/Hitch, Step, Funky Shaky Walk.

- 1 Make 1/2 turn to Left stepping Right to Right side. (Hinge)
- 2&3 Make 1/4 turn Left cross stepping Left behind Right, 1/4 turn Right stepping Right next to Left, cross step Left over Right. (Sailor 1/2)
- 4-5 Scuff Right past Left to hitch up & out to Right, step Right out to Right side.
- 6-8 Walk forward & out on Left as you push hip out, forward & out on Right pushing hip out, Walk forward on Left pushing hip out. Shake & Shimmy as you walk.

Forward & Back & Kick Out Out & Side, Touch, Side & Bounce.

- 1&2& Rock forward Right, recover Left, rock back Right, recover Left.
- 3&4 Kick Right forward, step Right to Right side, step Left to Left side.
- &5-6 Step Right next to Left, step Left to Left side, Touch Right next to Left
- 7&8 Step Right to Side, Bounce both heels up, down

Ball Step, Step, 1/2 Pivot, Step, 1/2, Step, Touch.

- &1-2 Step Left next to Right, Step forward Right, step forward on Left.
- 3-4 Pivot 1/2 turn to Right, step forward on Left.
- 5-6 Step forward on Right, pivot 1/2 turn to Left.
- 7-8 Step forward on Right, touch Left next to Right.

Tag: End of Wall 5

Side, Hold & Side, Step, Step, 1/2 Pivot, Step, 1/2.

- 1-2& Step Left to Left side, Hold, step Right next to Left.
- 3-4 Step Left to Left side, step forward on Right.
- 5-6 Step forward on Left, pivot 1/2 turn to Right.
- 7-8 Step forward on Left, make 1/2 turn to Left stepping back on Right.

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