

Baby Get Up

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - September 2010
音樂: Baby Get up and Dance - Andreea Balan : (CD: Ladies' Dancefloor - Summer Hits)



Intro: 32 counts from where the beat starts (on vocals)

Rocking Chair, Heel Grind ¼ Turn R, Rock Back, Recover

1-4 Rock Fwd On R, Recover on L, Rock Back on R, Recover on L
5-6 Grind R Heel Across L, ¼ Turn Right Stepping Back on L (3:00)
7-8 Rock Back on R, Recover on L

Kick & Rock & Cross, ¼ Turn L, ¼ Turn L, Hold

1-4 Kick R Fwd, Cross R Over L, Rock L to Left Side, Recover on R
5-6 Cross L Over R, ¼ Turn Left Step Back on R,
7-8 ¼ Turn Left Step L to Left Side, Hold (9:00)

Cross Rock, Recover, Step, Hop, Cross Rock, Recover, Step, Hop

1-2 Cross Rock R Over L, Recover on L,
3-4 Step R Fwd to Left Diagonal, Little Hop on R with L Hitch -Start Turning Right
5-6 Cross Rock L Over R, Recover on R,
7-8 Step L Fwd to Right Diagonal, Little Hop on L with R Hitch -Start Turning Left

Mambo ½ Turn R, Hold, Triple Full Turn R, Hold

1-4 Rock Fwd on R, Recover on L, ½ Turn Right Step Fwd on R, Hold (3:00)
5-6 ½ Turn Right Step Back on L, ½ Turn Right Step Fwd on R
7-8 Step Fwd on L, Hold (3:00)***Restart Point Wall 2

Step, Swivel, Kick, Back, ¼ L, Cross, Hold

1-4 Step Fwd on R, Swivel Both Heels to Right, Swivel Heels Back to Centre, Kick R
5-6 Step Back on R, ¼ Turn Left Step L to Left Side
7-8 Cross R Over L, Hold (12:00)

Side Rock, Behind-Side-Cross-Side-Cross, Hold

1-4 Rock L to Left Side, Recover on R,
3-4 Step L Behind R, Small Side Step on Ball of R
5-6 Cross L Over R (bending knees slightly), Small Side Step on Ball of R
7-8 Cross L Over R (bending knees slightly), Hold

Point, ½ Turn Monterey Right, Point, Hitch, Point, ¼ Turn Monterey L, Point, Hitch

1-4 Point R to R Side, ½ Turn Right Stepping R Next to L, Point L to L Side, Hitch L
5-8 Point L to L Side, ¼ Turn Left Stepping L Next to R, Point R to R Side, Hitch R (3:00)

Coaster Step, Hold, Triple Full Turn L, Hold

1-4 Step Back on R, Step L Next to R, Step Fwd on R, Hold (Prep for Left Turn)
5-6 Pivot ½ Turn L (weight on L), ¼ Turn L Step R Next to L,
7-8 ¼ Turn L Step Fwd on L, Hold

Restart: There is one restart on wall 2 after count 32 (6:00)

Tag: 16 count tag after wall 3 (9:00)

Mambo Fwd, Coaster Step, Out-Out, Jump Together, Swivel, Flick

1-4 Rock Fwd on R, Recover on L, Step Back on R, Hold
5-8 Step Back on L, Step R Next to L, Step Fwd on L, Hold
1-4 Step Out and Fwd on R, Hold, Step Out and Fwd on L, Hold
5-6 Jump Both Feet Together, Swivel Heels to Right Side
7-8 Heels Back to Centre, Flick R Out to R Side

Ending: After count 32 (6:00) Step Fwd on R, Pivot ½ Turn L, Step Fwd on R (12:00)

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