

Get Back (ASAP)

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Get Back (ASAP) - Alexandra Stan : (3:29)



Intro: Start after 32 counts from the Heavy beat (41 Sec)

[1 – 8] Step Fwd, Pivot ½ Turn L, Shuffle fwd, Step Pivot ½ R, Kick Ball Step

1 – 2 Step R fwd, Pivot ½ Turn L (06.00)
3 & 4 Step R fwd , Step L next to R, Step R fwd
5 – 6 Step L fwd, Pivot ½ Turn R (12.00)
7 & 8 Kick L fwd, Step L down , Step R next L

[9-16] Side Rock Recover, Behind Side Cross, Monterey ½ R , Cross

1 – 2 Rock L to L side, Recover on R
3 & 4 Step L behind R, Step R to R side, Step L across R
5 – 6 Touch R to R side , ½ Turn R step R next to L (06.00)
7 – 8 Touch L to L side, Step L across R

[17-24] Side, Hold & Side, Touch Back, Side , Behind , ¼ L ,Walk Walk

1 - 2 Step R to R side, Hold ,
&3-4 Step L next to R, Step R to R side, Touch L behind R
5 -6& Step L to L side, Step R behind L, ¼ L step L fwd (03.00)
7 – 8 Step R fwd, Step L fwd

[25-32] Rock fwd, Recover, ¾ With toe struts, Coaster Step

1 – 2 Rock R fwd, Recover on L
3 – 4 ½ Turn R step on R toe, Drop R heel
5 – 6 ¼ Turn L and Step L on L toe , Drop Heel (12.00)
7 & 8 Step R back, Step L next to R , Step R fwd **R**

[33-40] Side, taps x4, Step, Kick Ball Step , Side Rock Recover

1 Step L to L side
2&3&4 Taps x4 every step little bit further to the Right and last step to the R side
5 & 6 Kick L fwd, Step L down , Step R across L
7 – 8 Rock L to L side, Recover on R

[41-48] Lock Steps , Cross Back, ¼ R Side Shuffle

1&2& Step L fwd, Step R behind L, Step L fwd, Step R behind L
3 & 4 Step L fwd, Step R behind L, Step L fwd
5 – 6 Step R across L, Step L back
7 & 8 ¼ R step R to R side, Step L next to R, Step R to R side (03.00)

[49-56] Sync Lock Steps, Side, ¼ Turn R , Coaster Step, Hitch Out Out

1-2& Step L fwd, Lock R behind L, Step L fwd
3 – 4 Step R to R side, make ¼ Turn R on Both Heels (06.00)
5 & 6 Step R back, Step L next R, Step R fwd
7 & 8 Hitch L, Step L out, Step to R to R side

[57-64] Swivel ¼ R and back, Sailor step ¼ Turn L , Rocking Chair

1 – 2 Swivel on Ball of L and on R Heel ¼ Turn R (09.00) and back to centre (06.00)
3 & 4 Step L behind R making ¼ Turn L, Step R to R side, Step L fwd (03.00)

5 – 6 Rock R fwd, Recover on L
7 – 8 Rock R back, Recover on L

Restart : During wall 2

Dance until count 32, Add '&' count - step L next to R, and start again with count 1.

Ending : Last wall dance until count 60 . Instead of the rocking chair. Step R fwd make $\frac{1}{4}$ L to face the front wall again.
