

I Get It In

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ronnie Goode (USA) - February 2012
音樂: I Get It In (feat. Gucci Mane) - Omarion



First Eight Count

1& Big step to the left knee pointing outward to the Left Wall &. Step Right Foot
2& Big Step to the Left, Knee Pointing Outward to the Left Wall &. Step Right Foot
3& Big Step to the Right, Knee Pointing Outward to the Right Wall &. Step Left Foot
4& Big Step to the Right, Knee Pointing Outward to the Right Wall &. Step Left Foot
5& Big Step to the Left, Knee Pointing Outward to the Left Wall & Step Right Foot
6& Big Step to the Right, Knee Pointing Outward to the Right Wall &. Step Left Foot
7& Big Step to the Left, Knee Pointing Outward to the Left Wall & Step Right Foot
8 Big Step to the Left, Knee Pointing Outward to the Left Wall

Second Eight Count

1 & 2 Stomp Right Foot in front and do a snake motion with torso coming down toward the ground
3 & 4 & Left foot "Stanky Leg" Motion (Left foot taps backward and forward and backward and forward on the -#&\$ & count)
5 & 6 & 7 & 8 & Right foot taps out, then across the left four times on the (5 & 6 & 7 & 8 counts)

Third Eight Count

1& Step forward on the right foot (quarter turn to the left) &. Tap Up with the Left Foot
2& Step back on the Left foot & Tap Back with the Right foot
3& 4 & Kick Right, Kick Left, Kick Right, Kick Left (facing front)
5& Step forward on the right foot (quarter turn to the left) &. Tap Up with the Left Foot
6& Step back on the Left Foot & Tap Back with the Right Foot
7 & 8 & Kick Right, Kick Left, Kick Right, Kick Left (facing front)

Fourth Eight Count

1& Step forward on the right foot (quarter turn to the left) &. Tap Up with the Left Foot
2& Step back on the Left foot & Tap Back with the Right foot
3 & 4 & Kick Right, Kick Left, Kick Right, Kick Left (facing front)
5& Step forward on the right foot (quarter turn to the left) &. Tap Up with the Left Foot
6& Step back on the Left Foot & Tap Back with the Right Foot
7 & Kick Right, Kick Left
8 Cross Right Foot in front of Left- Half turn to the opposing wall

Fifth Eight Count

1& Big step to the left knee pointing outward to the Left Wall &. Step Right Foot
2& Big Step to the Left, Knee Pointing Outward to the Left Wall &. Step Right Foot
3& Big Step to the Right, Knee Pointing Outward to the Right Wall &. Step Left Foot
4& Big Step to the Right, Knee Pointing Outward to the Right Wall &. Step Left Foot
5& Big Step to the Left, Knee Pointing Outward to the Left Wall & Step Right Foot
6& Big Step to the Right, Knee Pointing Outward to the Right Wall &. Step Left Foot
7& Big Step to the Left, Knee Pointing Outward to the Left Wall & Step Right Foot
8 Big Step to the Left, Knee Pointing Outward to the Left Wall

Sixth Eight Count

1 & 2 Stomp Right Foot in front and do a snake motion with torso coming down toward the ground
3 & 4 & Left foot "Stanky Leg" Motion
(Left foot taps backward and forward and backward and forward on the -#&\$ & count)

5&6&7&8& Right foot taps out, then across the left four times on the (5 & 6 & 7 & 8 counts)

Seventh Eight Count

Note: The dance does repeat, but there is a slight variation on the opposing wall

1& Right Foot Taps out to the Right &. Right Foot Steps Together with Left
2& Left Foot Taps out to the Left &. Left Foot Steps Together with Right
3 & 4 & Move to the Right Stepping with the Right foot, then Left, then Right, then Left
5& Left Foot Taps out to the Left &. Left Foot Steps together with Right
6& Right Foot Steps out to the Right &. Right Foot Steps together with Left
7 & 8 & Move to the Left, Stepping with the Left foot, then Right, then Left, then Right

Eighth Eight Count

1& Right Foot Taps out to the Right &. Right Foot Steps Together with Left
2& Left Foot Taps out to the Left &. Left Foot Steps Together with Right
3 & 4 & Walk Forward Right foot first (Right, Left, Right, Left)
5& Left Foot Taps out to the Left &. Left Foot Steps together with Right
6& Right Foot Steps out to the Right &. Right Foot Steps together with Left
7& Walk Backwards on the Right Foot &. Step Back on the Left Foot
8& Cross Right Foot in Front of Left &. Half Turn to the opposing Wall

From Here the dance begins again and proceeds throughout the song
