

Get It Bae

拍數: 64 牆數: 2 級數: Advanced
編舞者: Joey Warren (USA), Linda McCormack (UK) & Will Craig (USA) - April 2014
音樂: Come Get It Bae - Pharrell Williams : (iTunes)



Count in: 48 count intro

Notes: □ Restart on Wall 2; Restart dance after 32 counts (facing 12 o clock wall)

[1-8] □ R scuff, out, out; heel twists x 2; together, side, recover; L cross shuffle □

- 1&2 Scuff RF forward (1); step RF to R side (&); step LF to L side (2);
&3&4 Twist pressing up on L ball of foot and R heel (both knees are facing R diagonal forward) (&);
recover (3); Repeat opposite, twist pressing up on R ball and L heel (both knees facing L
diagonal forward) (&); recover (4);
&5,6 Quickly step RF next to LF (&); rock LF to L side (5); recover weight back to RF (6);
7&8 Cross LF over RF (7); step RF to R side slightly (&); cross LF over RF (8);

[9-16] □ ¼ turn R- forward on RF, ¼ turn R- side step on LF; R sailor ½ turn; side, R cross; ¼ L forward; R forward ½ pivot

- 1,2 Turn ¼ turn R (3 o clock wall) stepping forward on RF (1); Turn ¼ turn R (6 o clock wall)
stepping LF to L side (2);
3&4 Turning ½ R sailor step (RF behind, LF to L side on the ¼, RF to R side slightly forward) (12
o clock wall);
&5,6 Quickly step LF to L side (&); cross RF over LF (5); ¼ forward on the LF (9 o clock wall) (6);
7,8 Step forward on RF (7); pivot ½ turn over L shoulder (3 o clock- weight forward on LF) (8);

[17-24] □ R forward, L flick (behind); L forward, R flick (front); R shuffle forward; L forward, R flick (behind); R forward, L flick (front); L shuffle forward

- 1&2& Step forward on RF (1); flick LF behind R leg (&); step LF forward (2); flick RF in front of L
leg(&);
3&4 R shuffle forward (forward on RF, together with LF, forward on RF) (3&4);
5&6& Step forward on LF (5); flick RF behind L leg (&); step RF forward (6); flick LF in front of R
leg(&);
7&8 L shuffle forward (forward on LF, together with RF, forward on LF) (7&8);

[&25-32] Out, out (R,L); Hold; In, In (travelling backward R,L); Out, Out (backward R,L); together, L cross; ½ turn over L shoulder in 3 small steps on RF

- &1,2 Step RF to R side (&); step LF to L side (1); hold (2);
&3&4 Travelling backwards step RF in (&); Step LF in, together with RF (3); still travelling
backwards step RF out (&); step LF out (4);
&5 Step RF in (&); cross LF over RF (5);
6,7,8 Step RF out and turn ½ turn over LF shoulder in 3 steps with the RF (LF stays in place to turn
on- end facing 9 o clock, weight even);

[33-40] □ Together, R cross; touch; L cross shuffle; R rock and cross, R syncopated weave

- &1,2 Bring LF together and cross RF over L (&1); touch LF to L side (2);
3&4 L cross shuffle (step LF over R, step RF to R side, step LF over R) (3&4);
5&6 Rock RF to R side (5); recover weight back onto LF (&); cross RF over LF (6);
&7&8 Step LF to L side (&); cross RF behind L (7); step LF to L side (&); cross RF over LF (8);

[41-48] □ ¼ turn L- forward on LF; ¼ turn L- side step on RF; L sailor ¼ turn; forward; ¼ turn L on LF; R sailor ¼ turn

- 1,2 Turn ¼ turn L (6 o clock wall) stepping forward on LF (1); Turn ¼ turn L (3 o clock wall)
stepping RF to R side (2);
3&4 Sailor step making ¼ turn to L on the LF (12 o clock wall) (3&4);

5,6 Step forward on the RF (5); ¼ to the R stepping LF to L side [3 o clock wall] (6);
7&8 R sailor ¼ turn to R [6 o clock wall] (7&8);

[49-56] □ L forward, ½ turn pivot; L shuffle forward; turn back ½ turn rolling forward in R hip, back into L hip, R shuffle forward

1,2 Step forward on LF (1); pivot ½ turn over R shoulder (weight forward on RF, facing 12 o clock) (2);
3&4 L shuffle forward (forward on LF, together with RF, forward on LF) (3&4);
5,6 Turning body (not feet) ½ turn over R shoulder (6 o clock) rolling hips forward (into R hip) (5); roll hips back in L hip (6);
7&8 R shuffle forward (forward on RF, together with LF, forward on RF) (7&8);

[57-64] □ L syncopated rocking chair; L shuffle forward; R heel jack; hold; recover, together; body pop

1&2& Rock forward on LF (1); recover weight back on RF (&); rock back on LF (2); recover weight back onto RF (&);
3&4 L shuffle forward (forward on LF, together with RF, forward on LF) (3&4);
&5,6 Step RF to R side and present L heel to L side (&5); hold (6);
&7&8 Recover weight back to LF (&); step RF next to LF (7); pop ribs forward (&); pop ribs back (8);

Restart

Restart comes in on 2nd wall, after 32 counts.

You will be facing 9 o clock wall at count 28, for last 4 counts, instead of doing 3 steps on RF to turn ½ turn, you will complete this in a ¾ turn to face back to front, 12 o clock wall to Restart the dance.
