

Come Get It Bae

拍數: 64 牆數: 2 級數: Improver
編舞者: Donna Ferraro (USA) - June 2014
音樂: Come Get It Bae - Pharrell Williams



Intro: 32 counts after heavy beat

Forward, Forward, Mambo up, Back, Back, Mambo back

1-2 Step forward R,L
3&4 Mambo up R,L,R
5-6 Step back, L,R
7&8 Mambo back L,R,L

Cross rock ,recover, turn ½ right and triple forward, rock left recover, left coaster step

1-2 Cross R over L, recover L
3&4 Turn ½ turn R, step forward R, step L next to R, step forward R
5-6 Rock forward on L, recover on R
7&8 Step back on L, back on R, forward on L

Side rock, behind side cross, side rock, behind side cross (shoulder lean)□

1-2 R side rock, recover L (with shoulder lean to left)
3&4 R behind, L side, R cross
5-6 L side rock, recover R (with shoulder lean to right)
7&8 L behind, R side, L cross

Kick ball step R (2x) moving forward, walk R, walk L, triple R

1&2 Kick, ball step R
3&4 Kick ball step R
5-6 Step forward R, L
7&8 Triple R,L,R

Kick ball step L (2x) moving forward, walk L, walk R, triple L

1&2 Kick, ball step L
3&4 Kick ball step L
5-6 Step forward L,R
7&8 Triple L,R,L

Cross rock, recover, turn right, shuffle, cross rock, recover turn left, shuffle

1-2 Cross R over L, recover L
3&4 Turn ½ turn R, step forward R, step L next to R, step forward R
5-6 Cross L over R, recover R
7&8 Turn ½ turn L, step forward L, step R next to L, step forward L

Cross point, cross point, triple back R, coaster step L

1-2 Step R over L, point L
3-4 Step L over R, Point R
5&6 Triple back R, L, R
7&8 Step back on L, back on R, forward on L

X2 kick ball cross step right touch left weight shift over right; step left right touch weight shift over left

1&2 Kick R foot to R diagonal, step the ball of R next to L, cross L over R
3&4 Kick R foot to R diagonal, step the ball of R next to L, cross L over R

5-6 Step R touch L weight shift over right;
7-8 Step L touch R weight shift over left

Begin again!

Contact: ferraro55@msn.com
