

# I Got This

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Georgina Dixon (UK) - July 2014  
音樂: I Got This - Jennifer Hudson : (Album: I Remember Me)



Start the dance on beat 16 with starting lyrics 'Packed all my clothes'- No Tags/Restarts

**(1-8&) Forward rock  $\frac{3}{4}$  turn sweep cross side back rock step,  $\frac{1}{4}$  back, walk, walk , behind side cross, rock, Recover**

1&2            R Rock forward recover, step down on R making a  $\frac{3}{4}$  sweep over R shoulder sweeping L (9oclock)  
3&4&        L cross in front, R to R side L rock behind recover  
5 6            Walk back on slight angle(10oclock) R walk back (11oclock) (almost  $\frac{1}{4}$  turn)  
7&8&        Step L behind R squaring up to 12oclock, R to R side, L rock cross over R and recover

**(9-16&) Left rock recover , spiral  $\frac{3}{4}$  turn shuffle forward, forward rock step, back cross, chase  $\frac{3}{4}$  turn**

1 2            Rock L to L side recover putting weight back on R whilst making a spiral  $\frac{3}{4}$  over L shoulder (3oclock)  
3&4            Shuffle forward L R L  
5&6            R rock forward recover, Step R back  
7&8&        Cross L over right, step R back, Step L R making a  $\frac{3}{4}$  chase turn over L shoulder (6oclock)

**(17-24&) Step sweep, cross rock, side rock, cross back, walk, walk, back rock  $1\frac{1}{4}$  turn**

1 2&            Step L sweeping right over, R Cross rock over L recover  
3&4&        R side rock recover, Step R across L, Step L back  
5 6            Walk back R then L  
7&8&        R rock back recover, Step R  $\frac{1}{2}$  turn over L shoulder, step L  $\frac{3}{4}$  turn over L shoulder (3 o'clock)

**(25-32&) Sway x 2 behind  $\frac{1}{4}$  side, slow rock recover, back rock pivot  $\frac{1}{2}$  turn**

1 2            Sway R to R side, Sway L to L side  
3&4            Step R behind L, Step L forward making a  $\frac{1}{4}$  turn, Step R to R side  
5 6&        L Slow rock behind R and recover , step L to L side  
7&8&        Right rock back and recover, step R forward pivot  $\frac{1}{2}$  turn over L shoulder and replace weight onto L

Start again

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Last Update - 30th Sept 2014