Can I Get It

拍数: 32	墙数: 4	级数: Intermediate

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音乐: Can I Get It - Adele

Start after short 8 count intro - approx. 8 secs - 3mins 30secs - 98bpm - Available: Amazon

[1-8] R fwd rock/recover, R side rock/recover, ¼ R toaster, L fwd rock/recover, L side rock/recover, L behind, ¼ R, R fwd, L fwd

1&2&	Rock R forward, recover weight on L, rock R side, recover weight on L side
3&4	Turning ¼ right step R back, step L together, step R forward (3 o'clock)
5&6&	Rock L forward, recover weight on R, rock L side, recover weight on R side
7&8	Cross step L behind R, turning ¼ right step R forward, step L forward (6 o'clock)

[9-16] R fwd, twist heels R and back to centre (weight on L), R back, L ball cross, step R side, L sailor, R behind, ¼ L, L fwd, R fwd

1&2	Step R forward, twist both heels right, twist both heels back to centre (weight ending on L)
&3-4	Step right back, cross step L over R, step R side
5&6	Cross step L behind L, step R side, step L side
7&8	Cross step R behind L, turning ¼ left step L forward, step R forward (3 o'clock)

[17-24] L side, R touch ball cross, R side, L kick ball cross, bounce heels 3 times turning ½ L

1-2&3	Step L side, touch R together, step R back, cross step L over R
4	Step R side
5&6	Kick L forward, step L back, cross step R over L
7&8	Bounce on both feet turning ½ left ending with L forward, R back (weight on R) (9 o'clock)

[25-32] L coaster, R fwd as you bump hips fwd, back, fwd, L kick ball step, L fwd as you bump hips fwd, back, fwd

1&2	Step L back, step R together, step L forward
3&4	Step R slightly forward bumping hips forward, bump hips back, bump hips forward (weight ending on R)
5&6	Kick L forward, step L back, step R forward
7&8	Step L slightly forward bumping hips forward, bump hips back, bump hips forward (weight ending on L)

TAG: WALLS 3 & 6 - Add 4 count tag at the end of wall 3 (facing R side wall) and wall 6 (facing back wall)

&1-4	R fwd, L fwd & apart, R back, L back, R back & apart, L fwd
&1-2	Step R forward, step L apart, step R back
&3-4	Step L back, step R apart, step L forward

BONUS 16: WALL 4: - Add 16 count tag at the end of wall 4 (facing front wall)

[1-8] R side, cross L behind, R side, cross L over R, ¼ R, R fwd, L fwd, pivot ½ R, turn ¼ R, L to L side, cross R behind L, L side, cross R over L

1-2&3	Step R to right side, cross step L behind R, step R side, cross step L over R
4-5&6	Turning ¼ right step R forward, step L forward, pivot ½ right, turning ¼ right step L side (12 o'clock)
7&8	Cross step R behind L, step L side, cross step R over L

[9-16] L side, cross R behind, L side, cross R over L, ¼ L, L fwd, R fwd, pivot ½ left, turn ¼ L, R to R side, cross L behind R, R side, L fwd

1-2&3	Step L side, cross step R behind L, step L side, cross step R over L

| 4-5&6 | Turning ¼ left step L forward, step R forward, pivot ½ left, turning ¼ left step R side (12 o'clock) |
| 7&8 | Cross step L behind R, step R side, step L forward |

THE ADELE COMBO: WALL 8: Combine Bonus 16 + TAG

| 1-20 | Add the Bonus 16 and then the 4 count tag at the end of wall 8 (facing front wall) |