Getting' Gone

级数: High Beginner

编舞者: Barbara Caporusso (USA) - May 2025

音乐: Gettin' Gone - ERNEST & Snoop Dogg

墙数: 2

或: Mind Of A Country Boy - Luke Bryan

Sec 1- Right heel taps to x2; R behind, side, cross; Left heel taps x2; L behind, side, cross

- 1,2- R heel taps to R side x2
- 3&4- Cross step R behind L, step L left, cross step R over L
- 5,6- L heel taps to L side x2
- 7&8- Cross step L behind R, step R right, cross step L over R

Sec 2- R heel mambo step x2, 1/4 turn to the right (end facing 3 o'clock); L heel mambo step x2, 1/4 turn to the L shoulder (ending facing 12 o'clock)

- 1&2&- Step R heel forward, Step L in place; Step R beside L; Step L in place
- 3&4- Hold- Step R heel forward, Step L in place; Step R beside L. Hold (facing 3 o'clock)
- 5&6&- Step L heel forward, Step R in place; Step L beside R, Step R in place
- 7&8- Hold- Step L heel forward, Step R in place; Step R beside L. Hold (facing 12 o'clock)

Sec 3- Right and Left Charleston steps x2

- 1,2- Touch R forward, step R back
- 3,4- Touch L back, step L forward
- 5,6- Touch R forward, step R back
- 7,8- Touch L back, step L forward

Sec 4- Right lock right, Left lock left, step; 1/2 turn, 1/2 turn, step

- 1&2- R steps forward to R diagonal, L foot locks behind R foot, R steps forward on slight R diagonal
- 3&4- L steps forward to L diagonal, R foot locks behind L foot, L steps forward on slight L diagonal
- 5&6- R steps forward. Pivot ½ turn over L shoulder (should now be facing 6 o'clock). R steps forward. Weight is now on the R foot.
- 7&8- 1/2 turn to the R, stepping back on L, 1/2 turn to the R, stepping forward on R, L steps forward (weight on L)
- Begin again Restart the dance facing 6 o'clock

#32 count intro for "Gettin' Gone"; #24 count intro for "Mind of a Country Boy" (dance starts when lyrics start)

Last Update: 8 May 2025 - R2





拍数: 32