

Got A Hold!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Stacie White (UK)
音乐: Caught Up - Usher



WALK TWICE, ½ TURN SPRING, KNEE POPS

- 1-2 Walk forward right, walk forward left
3&4 Turn ½ over left shoulder rock back with right, recover left, close feet and turn ½ back over right shoulder
5-8 Pop left knee in, pop right knee in, pop left knee in, pop right knee in

STEP, HOLD, SAILOR HEEL DIG, CHARLESTON/MASH POTATO STEPS

- 1-2 Step right to right side, hold
3&4 Step left behind right, step right to right side, dig left heel to left diagonal
5-6 Step back left, point right foot back
7-8 Step forward right, point left foot forward

Steps 5-8 can be danced as Charleston steps, or as mashed potatoes by swiveling the heels out and in on the & counts

STEP OUT OUT, BEND KICK, POINT, ¾ MONTEREY, HEAD LOOK, STEP POINT

- &1 Step left out to left side, step right out to right side
2 Bend both knees, pulling both arms up
3 Kick left to left diagonal, punch right arm across
&4 Step left down, point right to right side
5&6 Lift right knee up, turn ¾ right, step right down, step left out
Alternative- bring right foot in (no weight), turn ¾ right, step out right, step out left
7 Turn head to left
&8 Bring right foot into left foot, point left to left side

ROCK AND CROSS (TWICE), DRAG STEP BACK, BOUNCE

- 1&2 Rock left, recover right, cross left over right
3&4 Rock right, recover left, cross right over left
5-6 Big step back left foot, dragging right heel, step right together (turning slightly so you are facing left diagonal)
&7&8 Pop knees forward, lifting heels, straighten knees, drop heels, repeat replacing weight onto left foot

REPEAT

RESTART

On the 4th wall, dance the 1st 16 counts, up to the Charleston steps, then begin again by replacing the weight onto the left foot on the & count then start again with the walks on count 1