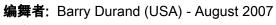
Get Get Get

拍数: 64

级数: Intermediate



音乐: Can I Get Get Get - Junior Senior

| taking weight on R Turning Sailor by Stepping forward onto L, while sweeping R behind and turning ½ turn to the right. Then do a sailor Step, by crossing behind R, side L, forward R Shuffle step L,R,L. |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| taking weight on R Turning Sailor by Stepping forward onto L, while sweeping R behind and turning ½ turn to the |
| |
| Knee Wag, Turning Sailor, Shuffle Swivel on heel of R foot and move knee to right & right making a ¼ to the right on 2 while |
| Step forward L |
| prepare to turn back to right Turning Sailor by hooking or sweeping R behind L making a ½ turn to the right while stepping L and then forward R. |
| (moving slightly left), place weight on ball of R and heel of L then bring knees out (moving slightly left) and as you do step onto the L with a ¼ turn to the left. If you don?t want to do Apple jacks, simply hip bump L & L finishing with ¼ turn left and stepping onto L Turning Sailor by Stepping forward onto R, while sweeping L behind and turning ½ turn to the left. Then do a sailor Step, by crossing behind L, side R, forward L but prep the L foot out and |
| Apple Jacks, Turning Sailors, Step Moving Applejack to left by placing weight on ball of R and heel of L then split knees out (moving slightly left), place weight on heel of R and ball of L then bring knees together |
| Hip Bumps, Pivot Turns Hip Bump R,L,R, then L,R,L with a1/4 turn to the left on the last bump weight on L Pivot turn by stepping forward R and turn ½ turn left, step forward onto L, step forward R turning ½ turn left, and tap L together with R |
| Cross L behind R, side R, cross forward L, side R, cross back L, side R, cross front L and sweep R around making a quarter turn to the left |
| Syncopated Weaves Turn ¼ turn to the left and do a weave by crossing front R, side L, cross back R, side L, cross front R, side L, cross back R sweeping L toward back |
| Turn a full turn to the right while walking L, R Shuffle forward L, R, L and sweep R back to front starting a left turn |
| side and turning ¼ turn to left. Lock step by stepping forward R, lock behind L, step forward R |
| Coupee (flick), Lock step, Turn, Shuffle Step forward L, turn ¼ turn left and step side R, replace right foot with L while extending R to |
| count 6 with weight ending on R Walk L, R |
| forward R Step forward (or slight hop) with L and quickly cross R behind L, turn to right a full turn on |
| Cross L over R and rock forward on an angle, recover R, step side L Cross R over L and rock forward on an angle, recover L, turn ¼ turn to the right and step |
| Hip Hop Cross, Twist turn, Walks |
| |





墙数:2

1&2 Swivel on heel of R foot and move knee to right & right making a ¼ to the right

- 3,4&5 Turning Sailor by Stepping forward onto L, while sweeping R behind and turning ½ turn to the right. Then do a sailor Step, by crossing behind R, side L, forward R
- 6,7,8 Step forward L pivoting to the right ½ turn and bring R together with L while dropping down with bent knees and head down, then pop back up with weight on R.

End of Dance ? Repeat as necessary!