

Can't Get Involved

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - August 2009
音乐: Get Involved (feat. Timbaland) - Ginuwine



Starts on First 'Singing' Vocal.. (52 Counts)

Funky Paddle 1/2 Turn, Out, Out, Coaster Cross, 1/4 Turn.

- 1-3 With weight on Right make 1/6 turn to Right as you touch Left 'flat sole', with weight on Right make 1/6 turn to Right as you touch Left 'flat sole', with weight on Right make 1/6 turn to Right stepping Left to Left side. (1-3 make 1/2 turn to Right in paddle motion but with flat feet & slight bend to knees.. Shake your shoulders as you turn... funky)
- 4-5 Step forward & out on Right, step forward & out on Left.
- 6&7 Step back on Right, step Left next to Right, cross step Right over Left.
- 8 Make 1/4 turn to Right stepping back on Left.

Shuffle 1/2 , Cross, 1/8 , 1/8 , Side, Sailor 3/4 Cross.

- 1&2 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, 1/4 turn Right stepping forward Right.
- 3-4 Cross step Left heel over Right, make 1/8 turn Left stepping back on Right. (Stick your bum/butt/ass/posterior out)
- 5-6 Make 1/8 turn Left stepping forward on Left, step Right to Right side.
- 7&8 Make 1/4 turn Left stepping Left behind Right, 1/4 turn Left stepping Right next to Left, make 1/4 turn to Left as you Cross Left over Right.

Rock & Cross, Side, Drag & Step, 1/2 , 1/2 , Back.

- 1&2 Rock to Right side on Right, recover on Left, cross step Right over Left.
- 3-4& Step Left a large step to Left, drag Right to Left, step Right next to Left.
- 5-6 Step forward on Left, pivot 1/2 turn to Right.
- 7-8 Make 1/2 turn to Right stepping back on Left, step back on Right.

Cross, Back & Cross, 1/4 , Coaster Step, Walk, Walk.

- 1-2 Cross/lock Left over Right, step back on Right.
- &3-4 Step Left to Left side, cross step Right over Left, make 1/4 turn to Right stepping back on Left.
- 5&6 Step back on Right, step Left next to Right, step forward on Left.
- 7-8 Walk forward Left-Right. **R**

Syncopated Jazz Box 1/4 , Sailor 1/4 , Step Bounce, Bounce, Step Bounce, Bounce.

- 1&2 Cross step Left over Right, make 1/4 turn Left stepping back on Right, step Left to Left side.
- 3&4 Cross step Right behind Left, make 1/4 turn Left stepping forward Left, step forward on Right.
- 5&6 Step Left forward and across Right as you drop slightly, straighten up, drop slightly again. (knees bend & feet stay flat)
- 7&8 Step Right forward and across Left as you drop slightly, straighten up, drop slightly again. (knees bend & feet stay flat)

Syncopated Jazz Box 1/4 , Sailor 1/4 , Jazz Box Cross.

- 1&2 Cross step Left over Right, make 1/4 turn Left stepping back on Right, step Left to Left side.
- 3&4 Cross step Right behind Left, make 1/4 turn Left stepping forward Left, step forward on Right.
- 5-8 Cross step Left over Right, step back on Right, step Left to Left side, cross step Right over Left.

Side, Behind & Side, Behind, Cross, 1/4 , Step.

- 1-2 Step Left to Left side, cross step Right behind Left.
- &3-4 Step Left to Left side, step Right to Right side, cross step Left behind Right.
- 5-6 Step Right to Right side, cross step Left over Right.
- 7-8 Make 1/4 turn to Right stepping forward on Right, step forward Left.

Mambo Step, Cross, 3/8 Turn, Rock Step, Back, 3/8 Turn.

- 1&2 Rock forward on Right, recover Left, step back on Right.
- 3-4 Cross/lock Left over Right, make 3/8 turn to Right stepping forward on Right. (1.30)
- 5-6 Rock forward on Left, recover on Right.
- 7-8 Step back on Left, make 3/8 turn to Right stepping forward Right. (6.00)

****R** Restarts..**

Wall 2 & Wall 4... Dance Up To & Including Count 32.. Then Restart Dance From Beginning.
