

Get Here

拍数: 64 墙数: 4 级数: Intermediate WCS Rhythm
编舞者: Max Perry (USA) - July 2010
音乐: Get Here - Carol Banawa : (CD: Follow Your Heart)



This is a nice flowing West Coast Swing that I hope you will enjoy! There are no tags or re-starts

Start on verse of song. (48 count intro).

(1-8) SUGAR PUSH WITH ANCHOR STEP

- 1,2 Step forward R, L
3&4 R up behind L in 3rd position, Step L in place, Step R back (shuffle step)
5&6 L in back of R in 3rd position, Step R in place, Step L in place (anchor step/ shuffle in place)
Right Traveling Pivot Forward
7,8 Step R forward turning 1/2 right, Step L back commencing to turn 1/4 right (face 6:00) let this blend into the touch turns

(9-16) TOUCH TURNS

- 1,2 Touch R to right side completing the 1/4 turn from counts 7,8 (9:00), Step R in place & turn 1/2 right (3:00)
3,4 Touch L to left side, Step L in place (take weight)
Turning Sailor, Spin in Place (triple step turning left)
5&6 Cross step R behind L, Step L in place turning right, Step R in place completing 1/4 turn right (face 6:00)
7&8 Commence turning left as you step L in place, Step R in place, Step L in place completing a full 360 to face (6:00)

(17-24) THOMPSON'S TURN (LINEDANCESPORT)

- 1,2 Step R forward & turn 1/4 right, Step L back like a rock step except that you are turning while rocking (9:00)
3&4 Kick R forward, Step R next to L, Step L forward & turn 1/2 left (3:00)
5&6 Step R back & turn 1/2 left, Step L forward & turn 1/2 left, Step R back – easier version – just shuffle in place (3:00)
7&8 Step L behind R in 3rd position, Step R in place, Step L in place (anchor step / shuffle in place)

(25-32) JOSE' CUERVO

- 1,2, Cross step R over L, Step L to left side
3&4 Sailor Shuffle – Cross R behind L, Step L to left side, Step R in place
5,6 Cross step L over R, Step R to right side,
7&8 Sailor Shuffle – Cross L behind R, Step R to right side, Step L in place (still facing 3:00)

(33-40) KICK BALL STEP SIDE, KICK BALL STEP SIDE, CROSS ROCK, TURNING SAILOR SHUFFLE (TRIPLE)

- 1&2 Kick R forward and across L, Step R next to L, Step L to left side
3&4 Kick R forward and across L, Step R next to L, Step L to left side
5,6 Cross rock R over L, Step L in place
7&8 Cross R slightly behind L as you start to turn right, Step L in place, Step R in place turning a total of 1/2 right (9:00)

(41-48) KICK BALL STEP SIDE, KICK BALL STEP SIDE, CROSS ROCK, TURNING SAILOR SHUFFLE (TRIPLE)

- 1&2 Kick L diagonally forward, Step L next to R, Cross step R over L
3&4 Kick L diagonally forward, Step L next to R, Cross step R over L

5,6 Rock L to left side, Step R in place
7&8 Cross L slightly behind R as you start to turn left, Step R in place, Step L in place turning a total of 3/4 left (6:00)

(49-56) JAZZ TOUCHES

1,2 Step R forward, Step L forward
3&4 Kick R forward, Step R back with ball of foot, Cross L over R (lock)
&5 Step R back, Touch L to left side
&6 Step L next to R, Touch R to right side
&7 Step R next to L, Touch L to left side
&8 Step L next to R, Touch R to right side (still facing 6:00)

(57-64) 1/2 PIVOT TURN L, 1/2 PIVOT TURN L, 1/4 PIVOT TURN L, FULL PADDLE TURN RIGHT

1,2 Step R forward and turn 1/2 left, Step L in place (face 12:00)
3,4 Step R forward and turn 1/2 left, Step L in place (face 6:00)
5 Step R forward and turn 1/4 left (face 9:00)
6&7&8 Step L in place taking weight and commencing to paddle turn L, Step in place R, Step L in place completing 1 full rotation left (9:00)

Repeat
