

# U Got It Bad

拍數: 64      牆數: 2      級數: Intermediate  
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音樂: U Got It Bad by Chelsea Refern (Dj Manuel Citro Bachata Remix)



Intro : 16 counts

**[1-8] : Rock Step – Step – Touch – ¼ turn Jazz Box - Touch**

1-2                Step RF forward – Recover on LF  
3-4                Step RF backward – Touch L toe forward (hips bump)

**(At wall 2 : Break – 4 counts hold)**

5-6                Cross LF over RF – Make ¼ turn L stepping RF backward  
7-8                Step LF to L – Touch R toe next to LF (hips bump)

**[9-16] : Step Touch x 2 – Skate x2 – Triple Step**

1-2                Step RF to R – Touch L toe next to RF (hips bump)  
3-4                Step LF to L – Touch R toe next to LF (hips bump)  
5-6                Skate RF to R – Skate LF to L  
7&8                Step RF to R – Step LF next to R – Step RF to R

**[17-24] : ¼ & ½ turn Step – Step Backward – Touch – ¼ turn Step x2 – Touch - Flick**

1-2                Make ¼ turn L stepping LF forward – Make ½ turn L stepping RF backward  
3-4                Step LF backward – Touch R toe forward (hips bump)  
5-6                Make ¼ turn R stepping RF forward – Make ¼ turn R stepping LF backward  
7-8                Touch R toe forward – Flick RF backward

**[25-32] : Jazz Box – Step – Hold – Step – Jump**

1-2                Cross RF over LF – Step LF backward  
3-4                Step RF to R – Cross LF over RF  
5-6                Step RF to R - Hold  
&7-8                Step LF next to RF – Step RF to R – Jump on place with both feet

**[33-40] : Heel Grind x2 – Cross – Hold – Mambo Cross**

1-2                Cross R heel over LF – Turn toe from L to R and step LF to L  
3-4                Cross R heel over LF – Turn toe from L to R and step LF to L  
5-6                Cross RF over LF – Hold  
7&8                Step LF to L – Recover on RF – Cross LF over RF

**[41-48] : Step – Cross – Step – Touch – Rolling Vine – Touch**

1-2                Step RF to R – Cross LF over RF  
3-4                Step RF to R – Cross L toe over RF  
5-6                Making ¼ turn L stepping LF forward – Making ½ turn L stepping RF backward  
7-8                Making ¼ turn L stepping LF forward – Touch RF next to LF

**49-56 : Step Touch – Step Hook – ¼ turn Step Hitch x2**

1-2                Step RF forward – Touch L toe behind RF  
3-4                Step LF backward – Hook RF over L  
5-6                Step RF forward – Make ¼ turn R making hitch L knee  
7-8                Step LF forward – Make ¼ turn L making hitch R knee

**[57-64] : Mambo ¼ turn Step – Mambo Step – Sway x3 - Jump**

1&2                Step RF forward – Recover on LF – Make ¼ turn R stepping RF to R

3&4                Cross LF over RF – Recover on RF – Step LF to L  
5-6                Sway to the R – Sway to the L  
7-8                Sway to the R – Jump on place with both feet

**Break :** At wall 3, make the first 4 counts and make a 4 counts hold before you continue the dance.

**TAG :** At the end of wall 3, do the next section 2 times

**Rock Step – Out Out :**

1-2&3            Step RF forward – Recover on LF – Step RF to R – Step LF to L and open your arms, hands beside you hips

**Step – Cross – Bend Over :**

4-5-6            Step RF to R and put your R hand to L in front of you – Cross LF behind RF and put your L hand to R under R arm – Uncross you arms to the outside and going down

**Step Sweep x 2 – Touch – ½ turn**

7&8&            Step LF backward and sweep RF from the front to the back – Step RF backward and sweep LF from the front to the back – Touch L toe backward – Make ½ turn L and put your weight on LF

**Step Turn :**

9-10            Step RF forward – Make ½ turn L and put your weight on LF

**Ending :** At wall 5, do the first 56 counts and walk off the floor

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