

# Chasing It

拍數: 48      牆數: 4      級數: High Beginner  
編舞者: Wendy Dee (CAN) - April 2025  
音樂: Chasing Down a Good Time - Randy Houser  
或: Moves Like Jagger (feat. Christina Aguilera) - Maroon 5



## INTRO

TAG: After wall 2 facing 6 o'clock (leave out tag to faster song)

### [1-8] STEP PIVOT LEFT, SHUFFLE FWD, KNEE POP FWD, SHUFFLE FWD

1-2              RF forward, pivot 1/2 turn left, weight on LF  
3&4              RF forward, LF next to right, RF fwd  
5-6              LF forward popping right knee, RF forward popping left knee  
7&8              LF forward, RF next to right, LF forward

### [9-16] STEP PIVOT LEFT, SHUFFLE FWD, KNEE POP FWD, SHUFFLE FWD

1-2              RF forward, pivot 1/2 turn left, weight on LF  
3&4              RF forward, LF next to right, RF fwd  
5-6              LF forward popping right knee, RF forward popping left knee  
7&8              LF forward, RF next to right, LF forward

### [7-24] (WITH ARMS AT SIDE OF HIPS) HIPS OVER/FWD, BACK, FWD, BACK- TURN LEFT AND HIPS OVER/FWD, BACK FWD, BACK, FWD

1-2              Rock RF forward moving body up and over, recover on LF  
3&4&              Rock RF forward moving body up and over, recover on LF, Rock RF forward moving body up and over, put weight on RF  
5-6              Rock LF forward 1/2 turn left moving body up and over, recover on RF  
7&8&              Rock LF forward moving body up and over, recover on LF, Rock LF forward moving body up and over, put weight on LF

### [25-32] STOMP FWD, ARM UP, HEEL TAPS WITH ARM PUNCHES

1-4              Stomp RF fwd, Lift Right arm up slowly palm facing up. Close hand palm facing you and bend elbow on count 4  
5-7&8              Punch outwards while tapping RF heel on counts, weight stays on LF

### [33-40] ROLLING SHUFFLE RIGHT, CROSS ROCK

1&2              RF 1/4 turn right, step LF next to right, RF forward  
3&4              LF to side 1/4 turn right, RF next to left, LF left  
5&6              RF 1/2 turn right, step LF next to right, RF right  
7-8              Rock LF crossed in front of right, recover on RF

### **\*\*Optional easier counts\*\***

#### CROSSING SHUFFLES, CROSS ROCK

1&2              RF right, step LF next to right, RF right  
3&4              LF crossed in front of RF, RF right, LF crossed in front of RF  
5&6              RF right, step LF next to right, RF right  
7-8              Rock LF crossed in front of right, recover on RF

### [40-48] ROLLING SHUFFLE LEFT, 3/4 TURN LEFT, STOMP, CLAP X4

1&2              LF 1/4 turn left, step RF next to left, LF forward  
3&4              RF to side 1/4 turn left, LF next to right, LF left  
5-6              LF 3/4 turn left on RF, stomp RF out to right,  
&7&8              Clap 4 times

**\*\*Optional easier counts\*\***

**CROSSING SHUFFLES, 1/4 TURN LEFT, STOMP, CLAP X4**

1&2	LF left, step RF next to left, LF left
3&4	RF crossed in front of LF, LF left, RF crossed in front of LF
5-6	1/4 turn left stepping LF forward, stomp RF out to right
&7&8	Clap 4 times

**TAG:**

**[1-8] UNWIND 1/2 TURN LEFT**

Cross RF over left with arms out to side of hips with palms up. Unwind left over 8 counts

**[9-16] UNWIND 1/2 TURN RIGHT**

Cross LF over left with arms out to side of hips with palms up. Unwind right over 8 counts

Stepsheet written by Ashley Pelletier

Submitted by: Ashley Pelletier - Email: [Ashleykaitlynpelletier@hotmail.com](mailto:Ashleykaitlynpelletier@hotmail.com)

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