

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Christopher Petre (USA)
音樂: Get Up Offa That Thing (Ali Dee Remix) - James Brown



Don't start with the lyrics! The lyrics start immediately; but this is an intro. You will start 30 counts after James goes "Ughhnn!"

INTRO

Done only once. Listen for the two loud beats on counts 31 & 32 (on the 7...8)

31-32 Jump with both feet to the left side twice. Make it funky by raising arms and pulling elbows down to waist as you land!

THE MAIN DANCE

SIDE, TOGETHER, CROSS, HOLD, KNEES ROLLS RIGHT, LEFT, BACK, FORWARD

1-2 Large step to the left on the left, drag the right towards the left and step together

3-4 Cross step left over right, hold

5-8 Step right to right, step left to left, step back on right, step forward on left

HITCH TOUCH, HOLD, SWITCH TOUCH, HOLD, ROCK, RECOVER, ¼ LEFT SHUFFLE

&1-2 Hitch right knee, turn ¼ left touching right toe out to right side, hold for count 2

&3-4 Turn ¼ right stepping right next to left, turn ¼ right touching left toe to left side, hold

5-6 Rock back on right, recover on left (3:00)

7&8 Turning ¼ right (6:00) bump hips twice to the left as you travel left by stepping left to left, step together with right, step left to left

Looks real good when you raise your arms

On the 8th and 9th walls the tag is here, omit the following ½ turn right and just rock right

½ RIGHT ROCK AND CROSSING SHUFFLE, HOLD, KNEE ROLLS OUT, OUT, BUMP BUMP

1&2&3-4 Turning ½ right to face the front wall or starting wall rock right on right, recover on left, cross step right over left, step left to left, cross step right over left, hold

5-6 Step left to left, step right to right

7-8 Stepping diagonally back on left, bump hips twice towards the back left corner

¼ RIGHT STEP, ½ RIGHT TOGETHER, ½ RIGHT TOUCH, HOLD, BEHIND, ¼ LEFT STEP, ROCK, ¼ LEFT, CROSS

1-2&3-4 Step back right turning ¼ right (3:00), turn ½ right stepping left next to right (9:00), turn ½ right on left (3:00) sweeping right to right, touch right toe to right side, hold

5-6 Step right behind left, turn ¼ left step forward on left (12:00)

7&8 Step forward on right, turn ¼ left recovering weight onto left (9:00), cross step right over left

REPEAT

TAG

This happens on the 8th (the 2nd time starting on the right side, 3:00 wall) and 9th walls (the 3rd time starting on the front wall, 12:00.)

1-2 Jump left with both feet as you turn ¼ right, jump back with both feet as you turn ¼ right to complete ½ turn right

After the tag you simply omit the ½ turn right (as the tag will turn you ½ right) and continue the dance with the right rock step (count 17)