

# Get A Grip...

拍數: 48      牆數: 2      級數: Intermediate / Advanced  
編舞者: Neville Fitzgerald (UK)  
音樂: You Make Me Sick - P!nk



## SIDE, ROCK & POINT HITCH CROSS, & SIDE, CROSS, BACK CROSS BACK

1-2&      Step left to left side, rock right behind left, recover on right  
3&4      Point right to right side, hitch right knee to right diagonal, cross step right over left  
&5-6      Step back on left, step right to right side, cross step left over right  
7&8      Step back on right, cross/lock left over right, step back on right (12:00)

## ¼ TURN, SIDE, ROCK & SIDE, SAILOR ¼ TURN, DIAGONAL COASTER STEP, TAP, TAP, STEP

&1      Make ¼ turn to left stepping forward on left, step right to right side (9:00)  
2&3      Cross rock left behind right, recover on right, step left to left side  
4&5      Cross step right behind left, ¼ turn to left stepping forward on left, step right to right side (6:00)  
6&7      Turn 1/8th to left stepping back on left, step right next to left, step forward on left (4:30)  
&8&      Tap right toe next to left heel, tap right toe next to left heel, back on right

## CROSS, BACK, SIDE, CROSS STEP CROSS, ¼, ½, ¼ ROCK &

1-2      Cross/lock left over right, step back on right  
3      Make 1/8th turn left stepping left to left side (3:00)  
4&5      Cross step right over left, step left to left side, cross step right over left  
6-7      Make ¼ turn to right stepping back on left, ½ turn to right stepping forward on right (12:00)  
8&      Make ¼ turn to right rocking left to left side, recover on right (3:00)

## CROSS, ¼ TURN, BACK, CROSS BACK CROSS, BACK, BACK, CROSS, SIDE, BACK, CROSS

1-2      Cross step left over right, make ¼ turn left stepping back on right (12:00)  
3      Step back on left facing slightly diagonal left (11:00ish)  
4&5      Cross step right over left, step back on left, cross step right over left (travel diagonally left/back)  
&6&      Step back on left, step back on right to right diagonal, cross left over right (1:00)  
7&8      Step right to right side, step back on left to left diagonal, cross step right over left (11:00)

## & ¼ FLICK, WALK, WALK, MAMBO STEP, TOUCH, ¼ SIT, KICK &

&1      Tap left toe next to right, make ¼ turn to right as you flick left behind (3:00)  
2-3      Walk forward left-right  
4&5      Rock forward on left, recover on right, step back on left  
6-7      Touch right toe back, make ¼ turn to right sitting weight on left (6:00)  
8&      Kick right to right diagonal, step right to right side

## CROSS DIP, SIDE CROSS DIP, HITCH, BEHIND & CROSS, ¼, ½, ¼

1-2      Cross step left over right as you dip bending knees, step right to side as you rise up  
3-4      Cross step left over right as you dip bending knees, hitch right knee into right diagonal corner as you rise up  
5&6      Cross step right behind left, step left to left side, cross step right over left  
7-8      Make ¼ turn to right stepping back on left, ½ turn to right stepping forward on right (3:00)  
&      On ball of right make ¼ turn to right (6:00)

REPEAT