

Natural Selection #64

Choreographed by: Guyton Mundy

Description: 4-wall, 64-count, advance line dance

Music: I Gotta Get Through This by Daniel Beddingfield (bpm: 129)

Count Description

1-8 POINT, TOUCH BEHIND, UNWIND, KICK BALL TOUCH, POINT, CROSS, (with hand movements)

- 1 Point R toe to R side, with hands out to both sides(closed fist)
2 Place R toe behind L foot. Place both hands behind head (open Hand)
3-4 Unwind one full turn CW, ending with weight on R
5&6 Point L toe forward, while pushing hands strait out forward, Step L together bringing hands to sides, Touch R back while pushing hands behind
7-8 Point R toe to R side with hands out to both sides, cross R infront of L while bending arms at elbows (R arm pointing up, L arm pointing down)

9-16 TOUCH, REPLACE, STEP, HOLD, BODY MOVEMENTS

- 1&2 Bring left infront of right for counts 1-2, while twisting arms at shoulders so that they alternate up and down for counts 1&2
3-4 Step R to R side while bringing arms to side, Hold
5 With R hand with closed fist pop R knee, twisting body down to R (bending knee inward)
6 with L hand with closed fist pop L knee, twisting body down to L (bending knee inward)
7-8 Place R hand behind head, Pull hand straight up while standing and sliding feet together

17-24 STEP & FAN FEET (X2), COASTER, STEP, KNEE LIFT & ARM POSE

- 1&2 Step R forward, Swivel L heel to L, R toe to R (*toes pointing to R*), Replace to center
3&4 Step L forward, Swivel R heel to R, L toe to L (*toes pointing to L*), Replace to center
5&6 Step L back, Step R next to L, Step L forward
7-8 Step R forward, Lift L knee and bring R hand to forehead level (closed fist)

25-32 ARM MOVEMENTS WITH STEP AND TURN, TOUCH, STEP

- 1-2 Roll R fist down center of body with a body roll,
Extend R arm straight out infront stepping down on L
3& Hit R fist with L fist with L fist staying in center, Take R arm and fist to R side
4& Hit L fist with R fist with R fist staying in center, Take L arm and fist to L side
5-6 Step L behind R (*bring L arm behind back*), Unwind full turn to L
7-8 Touch R forward, Step R back

33-40 STEP, 1/4 TURN, REPLACE, HITCH, STEPS

- 1-2 Step L back, Pivot 1/4 turn L
3-4 Pivot 1/4 turn R, Hitch L knee
5-6 Step L down next to R, Step R forward
7-8 Step L forward, Step R to R

41-48 SLIDE AND GLIDE (X2), 1/4 TURN SLIDING STEPS (X4=FULL TURN)

- 1-2 slide L toe next to R, Steping down on L toe slide R to R
3-4 slide L toe next to R, Steping down on L slide R to R
5-6 slide L back making 1/4 turn L, Making 1/4 turn L slide R to R
7-8 Making 1/4 turn L slide L to L, Making 1/4 turn L slide R to R
(*when making each 1/4 turn, pass each foot next to the other like you would in a waltz*)

49-56 STEP & HOLD (X2) SAILORS WITH 1/4 TURN

- 1-2 Step forward L, hold
3-4 Step forward R, hold
5&6 Step L behind R, step together with L, step forward on R
7&8 Step R behind R, step together With R, step forward on L, while making a 1/4 turn CW

57-64 FOOT/KNEE LOCK, JUMP BACK, SHOULDER BUMPS, WALKS

- 1-2 Step forward on L, Place R foot behind L knee
& Step back on R,
3&4 Bring L to R while rocking shoulders R,L,R
5-6 step forward R, L
7 Bend L knee slightly while bringing R ankle to L knee (like you are in a sitting position with you leg crossed) placing R elbow on R knee, with fist under chin.
8 Hold

REPEAT