

Lemme Get the Music

Song: Lemme Get That (slower)

Song: Please Don't Stop the Music (faster)

Artist: Rihanna

Album: Good Girl Gone Bad: The Remixes

Choreography: Nayana

the SOUL studio
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Combo A

Start facing L side of stage with Rounded Framing Hips (focus L).

1-16: Hold

1-2: Rounded Framing Hips (focus L) – Floreo (both hands).

3-4: Raise both arms up and out to L side – Floreo (both hands).

5-6: Change to L arms (focus L) – Floreo (both hands).

7-8: Change to L arms (focus R-front) with rounded R arm – Floreo (both hands).

1-4: Maintain arms. CW Pivot Bump (to the R) in a full circle (end facing L side of stage).*

5-8: Change to L arms (focus R). R Choo Choo to the audience).

1-2: Continue R Choo Choo while bringing L arm down to meet R arm in front.

3-4: Step R-L with ¼ turn to face audience and change arms to Half T (modify to rest L hand flat on top of R hand, palms facing floor)

5-8: Maintain arms. Head Slide R-L-R-L.

1-2: Floreo (both hands) at ribs in Half T.

3-4: Change to S Arms (focus R) – Floreo (both hands).

5-8: Maintain arms. Walking Sharp Hips traveling back R-L-R-L.

1-4: R Ronde de Jambe Hip Lift (front, side, back). On count four, change arms to Modified T and step back on R foot with a ¼ turn R to face R side of stage.

5-6: L Rock Forward. Replace weight on R.

7-8: Step L to center. Change arms to Rounded Framing Hips (focus R).

Combo B

1-2: Round Framing Hips (focus R) – Floreo (both hands).

3-4: Raise both arms up and out to R side – Floreo (both hands).

5-6: Change to L arms (focus R) – Floreo (both hands).

7-8: Change to L arms (focus L-front) with rounded L arm – Floreo (both hands).

1-4: Maintain arms. CCW Pivot Bump (to the L) in a full circle (end facing R side of stage).*

5-8: Change to L arms (focus L). L Choo Choo to the audience).

1-2: Continue L Choo Choo while bringing R arm down to meet L arm in front.

3-4: Step L-R with ¼ turn to face audience and change arms to Half T (modify to rest R hand flat on top of L hand, palms facing floor)

5-8: Maintain arms. Head Slide L-R-L-R.

1-2: Floreo (both hands) at ribs in Half T.

3-4: Change to S Arms (focus L) – Floreo (both hands).

5-8: Maintain arms. Walking Sharp Hips traveling back L-R-L-R.

1-4: L Ronde de Jambe Hip Lift (front, side, back). On count four, change arms to Modified T and step back on L foot with a ¼ turn L to face L side of stage.

5-6: R Rock Forward. Replace weight on L.

7-8: Step R to center. Change arms to Rounded Framing Hips (focus L).

Return to beginning and repeat.