

Get Up EZ

COPPERKNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ann-Kristin Sandberg (NOR) - March 2015
音乐: Don't Worry (feat. Ray Dalton) - Madcon : (iTunes)



INTRO : Start dancing after 48 Counts (23 sec)

STEP-RECOVER-BACK-POINT-BACK-POINT-BACK-RECOVER

1-2 Step Right forw, Recover onto Left
3-4 Step Right back (bend knees), Point Left forw
5-6 Step Left back (bend knees), Point Right forw
7-8 Step Right back, Recover onto Left

SIDE-TOGETHER-FORW-TOUCH-SIDE-TOGETHER-1/4 TURN L-TOUCH

1-2 Step Right to Right side, Step Left next to Right
3-4 Step Right forw, Touch Left next to Right
5-6 Step Left to left side, Step Right next to Left
7-8 ¼ turn Left stepping Left forw, Touch Right next to Left (09)

SIDE-CROSS-SIDE-TOUCH-POINT OUT-TOUCH -SIDE-TOUCH

1-2 Step Right to Right side, Cross left behind Right
3-4 Step Right to right side, Touch Left behind Right
5-6 Point left to Left side, Touch left behind Right
7-8 Step Left to Left side, Touch Right next to Left

FORW-PIVOT ½ TURN L-FORW-TOUCH-SIDE-TOGETHER-FORW-TOUCH

1-2 Step Right forw, Pivot ½ turn Left (03)
3-4 Step Right forw, Touch Left next to Right
5-6 Step left to Left side, Step Right next to Left
7-8 Step Left forw, Touch Right next to Left

ENJOY!
