

Baby Get Down

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Debbie McLaughlin (UK) - February 2015
音乐: Baby Get Down - Tomi : (Album: Tomi)



Count in: After 16 counts. The verse lyrics will start when you start the second wall

WALK WALK, ROCK & CROSS BACK, ½ TURN STEP, ROCK RECOVER SIDE

- 1 2 Walk forward R, L, towards L diagonal (11 o clock)
3&4 Rock forward on R (still on diagonal), Recover weight back onto L, Cross R over L
&5 6 Step back on L, Make ½ turn over R shoulder and take big step forward on R, Step L forward (5 o clock)
7&8 Cross rock R over L, Recover onto L, Make 1/8 turn R stepping R to R side (6 o clock)

ROCK RECOVER ¼ TURN, STEP ½ TURN, WALK WALK CHUG CHUG

- 1&2 Cross rock L over R, Recover onto R, Make ¼ turn L stepping L forward (3 o clock)
3 4 Step R forward, Pivot ½ turn L taking weight forward onto L (9 o clock)
5 6 Walk forward R, L (or make full turn over L shoulder)
7 8 Chug forward R, L

***Optional Note: On the verse, I like to change the last 2 counts to hit the lyrics 'hey hey':

- &7 8 Step R beside L, Take big step forward on L - slightly to L diagonal, Drag R up to L (weight stays on L)

CROSS ROCK RECOVER ¼ TURN, ½ TURN ½ TURN, SLOW ROCK RECOVER & HEEL & HEEL &

- 1&2 Cross rock R over L, Recover back onto L, Make ¼ turn R stepping R forward (12 o clock)
3 4 Make ½ turn R stepping back on L, Make ½ turn R stepping forward on R (12 o clock)
5 6& Rock forward on L whilst grinding L heel, Recover back onto R, Step L beside R
7&8& Touch R heel forward, Step R beside L, Touch L heel forward, Step L beside R

TOUCH FLICK SIDE, SAILOR ¼ TURN, STEP ½ TURN, FULL TURN

- 1&2 Touch R out to R side, Flick R heel up behind L leg, Step R out to R side
3&4 Make ¼ turn L stepping back on L, Step R beside L, Step L forward (9 o clock)
5 6 Step R forward, Pivot ½ turn L taking weight onto L (3 o clock)
7 8 Make ½ turn L stepping back on R, Make ½ turn L stepping forward on L (3 o clock)

TAG – To be danced at the end of wall 6, and during wall 10 after 16 counts (then Restart dance after Tag)

DO THESE 16 COUNTS TWICE FOR EACH TAG (32 COUNTS TOTAL)

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR STEP

- 1 2 Cross R over L, Step L to L side
3&4 Cross R behind L, Step L to L side, Step R to R side
5 6 Cross L over R, Step R to R side
7&8 Cross L behind R, Step R to R side, Step L to L side

BUMP, BUMP, BUMP & BUMP, STEP PADDLE TURN ½

- 1 2 Step R forward and bump R hip forward, Make ½ turn over L shoulder and step L forward bumping L hip forward
3&4 Bump hips back, forward, back - ending with weight on R
5678 Step L forward, Touch R foot out to R side 3 times whilst making ½ turn L (paddle turn)

Contact: debmcwotzit@gmail.com