

# Get Your Feet Off The Ground

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 2      级数: Improver / Intermediate  
编舞者: Jean Beets (DE) & Rens Koning - July 2015  
音乐: Kees Plat - Get Your feet Off The Ground



## Walk 2 steps forward, 3 fast steps forward, step Hitch ( 2X), Scissor Step

1,2      Step forward RF-LF  
3&4      Steps forward RF-LF-RF  
5&6&      LF step forward with 1/4 Turn right, Hitch right knee, Step RF forward with ¼ Turn right, Hitch left knee ( 6:00)  
7&8      LF side step, close RF next to LF, Cross LF over RF

## Kick, walk back ( 2X), Hip Bumps, Heel bounces with 1/4 turn, Coaster Step

1&2&      RF kick forward, RF step back, LF kick forward, LF Step back  
3&4      RF step forward with hip bump, hip bump back on left, hip bump back on right  
5&6      Heel bounces ( 3 X) with ¼ turn left ( 3:00)  
7&8      LF step back, RF close next to LF, LF step forward

## Step,Close, swivel , Rumba box

1,2      RF Step forward, LF close next to RF  
3&4      Both heels turn to right, both toes turn to the right, both heels turn to the right  
5&6      RF step to right, LF close next to right, RF step forward  
7&8      LF step to the left, RF close next to LF, LF step back

## Samba steps backwards ( 2X), Walk with 3/4 turn

1&2      RF cross over LF, LF step back, RF close next to LF  
3&4      LF cross over RF, RF step back, LF close next to RF  
5,6,7,8      Walk RF-LF-RF-LF with 3/4 turn left ( 6:00)

## Repeat from the start

## Tag: At the end of wall 2 and wall 4:

### Cross mambo steps ( 2X)

1&2      RF Cross rock over LF, weight back on LF, RF close next to LF  
3&4      LF cross rock over RF, weight back on RF, LF close next to RF

Last Update – 31st July 2015