

Get Down & Giddy Up

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Tina Michelle (USA) - February 2016
音乐: Get Down & Giddy Up by Lindsey Bryant



SIDE-STEPS & SLIDES

- 1-2 Point right toe to right, right toe in next to left
- 3-4 Step right to right, slide left toe next to right
- 5-6 Point left toe to left, left toe in next to right
- 7-8 Step left to left, slide right toe next to left

HEEL-SWITCHES AND ROLLS

- 1-2 Right heel, replace with left heel
- 3-4 Replace with right heel, drop right toe
- 5-8 Roll hips vertically twice

PIVOTS & LASSOS

- 1-4 Four stomps with ball of foot right foot next to left pivoting foot, and right hand lassos while turning 180° left
- 5-8 Four stomps with ball of left foot next to right pivoting foot, and left hand lassos while turning 180° right

PIVOT & HIP CIRCLES

- 1-4 Right foot steps twice next to left pivoting foot while circling hips left quarter turning 90° left
- 5-8 Four right heel touches or stomps, stepping right foot together with the left on the fourth

Contact: info@tmrcband.com
