

Get Back Into My Car

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Roy Verdonk (NL), Sebastiaan Holtland (NL) & Pim van Grootel (NL) - April 2016
音乐: Get Back Into My Car - Timothy Auld : (CD: Timothy Auld 2016 - Track on iTunes & other mp3 sites - 2:52)



Introduction: 16 counts, start after words; "Get Back Into My Car" on approx; 11 sec.

Part I. [1-8] Heel Grind with ¼ Turn R, Coaster Step R, Step, ½ Turn L, Back, Coaster Step L.

1-2 Heel grind R forward, Making ¼ turn R (3) step L back.

Note: 1-2 Make during the first 2 count a car steering movement with your right hand.

3&4 Step R back, Step L next to R, Step R forward.

5-6 Step L forward, Making 1/2 turn L (9) step R back.

7&8 Step L back, Step R next to L, Step L forward.

PART II. [9-16] Rock Fwd / Recover with Sweep, Roger Rabbits R-L, Syncopated Points R-L.

1-2 Step R forward, Recover back onto L sweep R from front to back.

3&4 Lock R behind L, Recover back onto L, Recover back onto R.

5&6 Lock L behind R, Recover back onto R, Recover back onto L.

7&8 Point R out to R, Step R next to L, Point L out to L.

PART III. [17-24] Replace & Out, Heel Bounce with ¼ Turn R, Coaster Step R, Camel Walks L, R, L, R, Step.

&1&2 Step L back in place, step R out to L (stand), While turning ¼ R (12) lift both heels up, Bring both heels down.

3&4 Step R back, Step L next to R, Step R forward.

5-6 Step L forward and pop R knee forward, Step R forward and pop L knee forward.

7&8 Step L forward and pop R knee forward, Step R forward and pop L knee forward, Step L forward.

PART IV. [25-32] ½ Pivot Turn L, Mambo Cross with ¼ Turn L, 2x Syncopated Mambo Crosses L-R, Side Diag.

1-2 Step R forward, Pivot ½ Turn L (6) onto L.

3&4 Making ¼ turn L (3) step R to R, Recover back onto L, Step R across L.

5&6 Step L to L, Recover back onto R, Step L across R.

&7&8 Step R to R, Recover back onto L, Step R across L, Step L slightly diagonal forward.

REPEAT DANCE AND HAVE FUN!!

Contact; email: royverdonkdancers@gmail.com / smoothdancer79@hotmail.com / pimvangrootel@gmail.com