

Got Me Running

COPPER KNOB
BY STEPSHEETS

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: The A (FR) - April 2018
音乐: Got Me Running - Texas Martha & The House of Twang



Free music download at: <https://texasmarttha.com/music>

Intro: Start after the beat. Approx 31 sec.

Note: Thanks to Marty Fields for allowing us to use their beautiful recovery!

Description: ECS – 1 Restart

Section 1

[1 TO 8] CHASSE TO R, L ROCKSTEP BACKWORD, L TRIPLE FORWARD TO THE L DIAGONAL, R STEP FORWARD, TURN 3/8 TO L

1&2 RF to R – LF next to RF – RF to R 12:00
3-4 ROCK LF behind RF – Recover on RF 12:00
5&6 LF on L diagonal – RF next to L – LF on L diagonal 10:30
7-8 RF Forward - 3/8 tr to the L 06:00

Section 2

[9 TO 16] R TOE STRUT, L TOE STRUT, HALF PUSH TURN

1-2 Step R Toe forward – Drop R heel 06:00
3-4 Step L toe forward – Drop L heel 06:00
5-6 Step R toe forward – Pivot 1/4 Tr to L (ending weight on L) 03:00
7-8 Step R toe forward – Pivot 1/4 Tr to L (ending weight on L) 12:00

Section 3

[17 TO 24] JAZZ BOX SQUARE, KICK BALL BACK X2

1-4 Cross RF over LF – Step LF back – Step RF to R side – Step LF forward 12:00
5&6 KICK R forward – Step R toe next to L – Step LF backward 12:00
7&8 KICK R forward – Step R toe next to L – Step LF backward 12:00

Section 4

[25 TO 32] MONTEREY TURN, TOUCH R HEEL FORWARD, REPLACE, TOUCH L TOE BACKWORD, REPLACE, TOUCH R TOE BACKWORD, REPLACE, L BRUSH ACROSS

1-4 POINT R to R side – 1/2 tr to R stepping R next to L – POINT L to L side – Step L next to R - 06:00
5&6& TOUCH R heel forward (5)– RF next to LF (&)– TOUCH L toe back (6) – LF next to R (&) 06:00
7&8 TOUCH R toe back (7)– RF next to L (&) – BRUSH LF from back across to R diagonal (8) 06:00

* RESTART here on wall 3, make a STOMP next to R until the BRUSH across 06:00

Section 5

[33 TO 40] WEAVE TO THE R, L FORWARD WITH 1/4 TRN TO R, PIVOT 1/2 TRN TO R, 1/4 TRN TO R & BIG LEFT STEP, SLIDE

1-4 CROSS LF over RF – RF to R side – CROSS LF behind RF – RF to R side 06:00
5-6 1/4 tr to R stepping forward on L - PIVOT 1/2 tr to R (weight on R) 03:00
7-8 1/4 tr to R and big L step to L - SLIDE R toe touch on R diagonal 06:00

Section 6

[41 to 48] SWIVEL HEEL TO R AND R HIP BUMP, REPLACE, SWIVEL HEEL TO R AND R HIP BUMP, REPLACE, VAUDEVILLE STEP X2

1-2 SWIVEL R heel and R HIP BUMP - Recover to center 06:00
3-4 SWIVEL R heel and R HIP BUMP - Recover to center 06:00
&5&6 RF to side (&) –L KICK forward on L diagonal (5) – LF back (&) - CROSS R over L (6) 06:00
&7&8 LF to side (&) – R KICK forward on R diagonal D (7) – RF back (&) – CROSS L over R (8)
06:00

RESTART: Restart on wall 3 facing to 06:00. Make a STOMP until the BRUSH to count 32 then restart from the top

RESTART AND HAVE FUN!

RA = right arm, LA = left arm, C = center, R = right, L = left, W = weight, RF = Right Foot or Step Right Foot, LF = Left Foot or step left foot, Tr or trn = Turn

Assembly and publicaton: Justine Bridu <https://justinebridu.wixsite.com/bridu> /justinebridu@gmail.com
<https://angelscountry01.wixsite.com/angelscountry> angelscountry01@gmail.com
