

Gettin' Down

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jen Rogers (UK) - August 2018
音乐: Hicktown - Jason Aldean



****NO TAGS, NO RESTARTS****

TRIPLE BACK WITH HITCH (x2), ROCK, STEP, FULL TRIPLE TURN

1&2 step right foot back (1), step left together (&), step right back as you hitch left knee (2) (12:00)
3&4 step left foot back (3), step right together (&), step left foot back as you hitch right (4) (12:00)
5-6 rock back onto right (5,) step forward on left (6) (12:00)
7&8 turn ½ left as you step back onto right foot (7), left together (7), turn ½ left as you step right foot Forward (8) (12:00)

STEP LEFT, TOUCH RIGHT, STEP RIGHT, TOUCH LEFT, HIPS LEFT (x2), HIPS RIGHT (x2)

1-2 step left forward to the diagonal (1), touch right (2) (12:00)
3-4 step right forward to the diagonal (3), touch left (4) (12:00)
5-6 two hip bumps to the left (5,6) (12:00)
7-8 two hip bumps to the right (7,8) (12:00)

SINGLE HIP BUMPS (OR ROLLS) x4, ¼ TURNING LEFT SHUFFLE, FULL TURN

1-2 bump or roll hips to the left (1), bump or roll hips to the right (2) (12:00)
3-4 bump or roll hips to the left (3), bump or roll hips to the right (4) (12:00)
5&6 ¼ turning shuffle to the left – left (5), right together (&), step left forward (6) (9:00)
7-8 ½ turn left, stepping back onto right foot (7), ½ turn left stepping forward onto left (8) (9:00)

STEP, TOE, STEP, HEEL, HEEL JACKS (step, cross, step, heel)

1-2 step right foot forward (1), touch left toe just behind right foot (2) (9:00)
3-4 step back onto left (3), right heel forward (4) (9:00)
&5&6 step right (&), cross left over right (5), step right (&), left heel (6) (9:00)
&7&8 step left (&), cross right over left (7), step left (&), right heel (8) (9:00)

Repeat and have fun!!!

Email Jen with any questions at mamarogers82@gmail.com