

# Get On It

COPPER KNOB  
STEPSHEETS

拍数: 128      墙数: 2      级数: Phrased Low Advanced  
编舞者: Roberto Bresciani (IT) - September 2018  
音乐: Get On It (Live) - Sunny Cowgirls : (Album: Live Wires)



Phrased: Intro (16 count); Part A (64 count); Part B (64 count); 1 Restart; 1 Tag (16 count)  
Sequence: Intro; A; A; B; A (16 count); A; A; B; A; Tag; B (Final)

Start after 16 count

## INTRO

### (IS1) Rocking Chair, Pivot Left (twice)

1-2            Rock Right Forward; Return Onto Left  
3-4            Rock Right Back; Return Onto Left  
5-6            Step Right Forward; Turn 1/2 Left  
7-8            Step Right Forward; Turn 1/2 Left

### (IS2) Rocking Chair, Pivot Left (twice)

1-2            Rock Right Forward; Return Onto Left  
3-4            Rock Right Back; Return Onto Left  
5-6            Step Right Forward; Turn 1/2 Left  
7-8            Step Right Forward; Turn 1/2 Left

## PART A: 64 counts

### (AS1) Grapevine Right, Scuff, Grapevine Left, Stomp Up

1-2            Step Right To Right Side; Cross Left Behind Right  
3-4            Step Right To Right Side; Scuff Left Beside Right  
5-6            Step Left To Left Side; Cross Right Behind Left  
7-8            Step Left To Left Side; Stomp Up Right Beside Left

### (AS2) Scissor Right, Scissor Left, Point Right, Point Left

1-2            Step Right Diagonally Back To Right; Step Left Beside Right  
3-4            Cross Right Over Left; Step Left Diagonally Back To Left  
5-6            Step Right Beside Left; Cross Left Over Right  
7-8            Touch Right Toe to Right Side; Return Onto Right & Touch Left Toe to Left Side

\* Before Restart change 7-8 in AS2: 7 in Jump Rock Right Back & Kick Left Forward; 8 Return Onto Left

### (AS3) Slow Kick Ball Step Right, Scuff, Step Turn 1/4 Left, Stomp Up, Step Turn 1/4 Left, Stomp

1-2            Kick Right Forward; Step Right Beside Left  
3-4            Step Left Forward; Scuff Right Beside Left  
5-6            Step Right Turn 1/4 Left; Stomp Up Left Beside Right  
7-8            Step Left Turn 1/4 Left; Stomp Right Beside Left

### (AS4) Wild Swivel (repeat twice)

1-2            Swivel Right Toe To Right Side; Swivel Left Toe To Right Side  
3-4            Swivel Right Heel To Right Side; Swivel Left Heel to Right Side  
5-6            Swivel Right Toe To Right Side; Swivel Left Toe To Right Side  
7-8            Swivel Right Heel To Right Side; Swivel Left Heel to Right Side

### (AS5) Slow Coaster Step Turn 1/4 Left, Scuff, Step, Lock, Rock Recover

1-2            Turn 1/4 Left & Step Right Back; Step Left Beside Right  
3-4            Step Right Forward; Scuff Left Beside Right  
5-6            Step Left Forward; Lock Right Behind Left

7-8 Rock Left Forward; Return Onto Right

**(AS6) Slow Coaster Step Left, Scuff, Rock Recover Right, Step Turn 1/4 Right, Hold**

1-2 Step Left Back; Step Right Beside Left  
3-4 Step Left Forward; Scuff Right Beside Left  
5-6 Rock Right Forward; Return Onto Left  
7-8 Turn 1/4 Right & Step Right to Right Side; Hold

**(AS7) Touch Toe Left, Touch Toe Right, Heel, Slap, Heel, Heel**

1-2 Touch Left Toe Behind Right (repeat Twice)  
3-4 Jumping Left to Left Side & Touch Right Toe Behind Left (repeat Twice)  
5-6 Heel Right Forward; Flick Right To Right Side & Slap With Right Hand  
7-8 Heel Right Forward (repeat Twice)

**(AS8) Rock Recover Back Right, Pivot Twice 1/2 Left, Stomp Right, Stomp Left**

1-2 Jumping Rock Back Right; Return Onto Left  
3-4 Step Right Forward; Turn 1/2 Left  
5-6 Step Right Forward; Turn 1/2 Left  
7-8 Stomp Right to Right Side; Stomp Left to Left Side

**PART B: 64 counts**

**(BS1) Jumping Jazz Box Turn 1/2 Left, Jumping Jazz Box Turn 1/2 Left**

1-2 Turn 1/4 Left & Cross Right Over Left; Turn 1/4 Left & Kick Right Forward  
3-4 Kick left Forward; Turn 1/4 Left & Cross Left Over Right  
5-6 Turn 1/4 Left & Kick Left Forward; Kick Right Forward  
7-8 Cross Right Over Left; Kick Right Forward

**(BS2) Cross Recover Right (twice), Rock Recover Back, Stomp Right, Stomp Left**

1-2 Cross Right Over Left; Return Onto Left  
3-4 Cross Right Over Left; Return Onto Left  
5-6 Rock Right Back; Return Onto Left  
7-8 Stomp Right; Stomp Left Beside Right

**(all in Jump)**

**(BS3) Out Right; Out Left; In Right; In Left; Step Turn 1/4 Left, Stomp Up, Step Turn 1/4 Left, Stomp**

1-2 Step Right Diagonally Forward; Step Left Diagonally Forward  
3-4 Step Right Diagonally Back; Step Left Diagonally Back  
5-6 Step Right Turn 1/4 Left; Stomp Up Left Beside Right  
7-8 Step Left Turn 1/4 Left; Stomp Right Beside Left

**(BS4) Wild Swivel (repeat twice)**

1-2 Swivel Right Toe To Right Side; Swivel Left Toe To Right Side  
3-4 Swivel Right Heel To Right Side; Swivel Left Heel to Right Side  
5-6 Swivel Right Toe To Right Side; Swivel Left Toe To Right Side  
7-8 Swivel Right Heel To Right Side; Swivel Left Heel to Right Side

**(BS5) Slow Coaster Step Turn 1/4 Left, Scuff, Step, Lock, Rock Recover**

1-2 Turn 1/4 Left & Step Right Back; Step Left Beside Right  
3-4 Step Right Forward; Scuff Left Beside Right  
5-6 Step Left Forward; Lock Right Behind Left  
7-8 Rock Left Forward; Return Onto Right

**(BS6) Slow Coaster Step Left, Scuff, Rock Recover Right, Step Turn 1/4 Right, Hold**

1-2 Step Left Back; Step Right Beside Left  
3-4 Step Left Forward; Scuff Right Beside Left

5-6 Rock Right Forward; Return Onto Left  
7-8 Turn 1/4 Right & Step Right to Right Side; Hold  
**\* In Final change step 8 in BS6 (Touch Left Behind Right) & Stomp Left Forward**

**(BS7) Touch Toe Left, Touch Toe Right, Heel, Slap, Heel, Heel**

1-2 Touch Left Toe Behind Right (repeat Twice)  
3-4 Jumping Left to Left Side & Touch Right Toe Behind Left (repeat Twice)  
5-6 Heel Right Forward; Flick Right To Right Side & Slap With Right Hand  
7-8 Heel Right Forward (repeat Twice)

**(BS8) Rock Recover Back Right, Pivot Twice 1/2 Left, Stomp Right, Stomp Left**

1-2 Jumping Rock Back Right; Return Onto Left  
3-4 Step Right Forward; Turn 1/2 Left  
5-6 Step Right Forward; Turn 1/2 Left  
7-8 Stomp Right to Right Side; Stomp Left to Left Side

**TAG**

**(TS1) Stomp Right to Right Side, Hold, Stomp Left to Left Side, Hold**

1-2 Stomp Right to Right Side; Hold  
3-4 Hold, Hold  
5-6 Stomp Left to Left Side, Hold  
7-8 Hold, Hold

**(TS2) Stomp Right to Right Side, Hold, Stomp Left to Left Side, Hold**

1-2 Stomp Right to Right Side; Hold  
3-4 Hold, Hold  
5-6 Stomp Left to Left Side, Hold  
7-8 Hold, Hold

**RESTART: 4° wall after 16 counts (AS2 - change)**

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