

# Get It & Hit It

**COPPER KNOB**  
BY SHEETS

拍数: 80      墙数: 2      级数: Phrased Intermediate - Soul  
编舞者: Helen Woods (USA) - December 2018  
音乐: Get It and Hit It - Stan Mosley : (Album: Soul Resurrection - 4:11)



Music available at <http://stanmosleysoul.com/discography>  
Step sheet prepared by Harry Woods

#32 count intro after short (about 7.5 seconds) lead in, support on left  
Phrase Sequence: A B A B A B\* B\* B\* B until end (B\* is B with a step change – see detail)

## Part A – 48 counts

### SECTION A1: ROCK FORWARD RECOVER, BACK, ROCK BACK RECOVER, STEP, STEP (TURN ½) REPLACE (TURN ½), BACK, ROCK BACK RECOVER, STEP

1&2      Rock right forward, recover left, step right back  
3&4      Rock left back, recover right, step left forward  
5&6      Step right forward then turn ½ left, replace left then turn ½ left, step right back  
7&8      Rock left back, recover right, step left forward

### SECTION A2: SIDE ROCK RECOVER, TOGETHER, SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK RECOVER, CROSS SIDE, CROSS SIDE, CROSS

1&2      Rock right to side, recover left, step right together  
3&4      Rock left to side, recover right, step left together  
5&      Rock right to side, recover left  
6&      Step right across left, step left to side  
7&      Step right across left, step left to side  
8      Step right across left

### SECTION A3: SIDE ROCK RECOVER, TOGETHER, SIDE ROCK RECOVER, TOGETHER, SIDE ROCK RECOVER, CROSS SIDE, BEHIND (TURN ¼) STEP, STEP

1&2      Rock left to side, recover right, step left together  
3&4      Rock right to side, recover left, step right together  
5&      Rock left to side, recover right  
6&      Step left across right, step right to side  
7&      Step left behind right then turn ¼ right, step right forward  
8      Step left forward

### SECTION A4: STEP (TURN ¾) REPLACE, SIDE, ROCK BACK SIDE, ROCK BACK SIDE, DOUBLE BUMP, DOUBLE BUMP

1&2      Step right forward then turn ¾ left, replace left, step right to side  
3&4      Rock left back opening to left diagonal, recover right, step left to side  
5&6      Rock right back opening to right diagonal, recover left, step right to side  
7      Double bump hips right (body roll as an option)  
8      Replace left double bumping hips left (body roll as an option)

### SECTION A5: KICK BALL, KICK BALL, CROSS SIDE, KICK BALL, KICK BALL, KICK BALL, CROSS SIDE, KICK BALL

1&      Low kick right forward, step ball of right beside left  
2&      Low kick left forward, step ball of left beside right  
3&      Step right across left, step left to side  
4&      Low kick right forward, step ball of right beside left  
5&      Low kick left forward, step ball of left beside right  
6&      Low kick right forward, step ball of right beside left

- 7& Step left across right, step right to side  
8& Low kick left forward, step ball of left beside right

**SECTION A6: CROSS SIDE, KICK BALL, CROSS SIDE, KICK BALL, STEP (TURN ½), REPLACE, STEP (TURN ½), REPLACE**

- 1&2& Step right across left, step left to side, low kick right diagonally forward, step ball of right beside left  
3&4& Step left across right, step right to side, low kick left diagonally forward, step ball of left beside right  
5-6 Step right forward then turn ½ left, replace left  
7-8 Step right forward then turn ½ left, replace left

**Part B – 32 counts**

**SECTION B1: STEP, TOGETHER, STEP TOGETHER, STEP, STEP, TOGETHER, STEP TOGETHER, STEP**

**Face forward during this section and, optionally, add knee pops.**

- 1-2 Step right along right diagonal, step left together  
3&4 Step right along right diagonal, step left together, step right along right diagonal  
5-6 Step left along left diagonal, step right together  
7&8 Step left along left diagonal, step right together, step left along left diagonal

**SECTION B2: BACK x 3, TOGETHER, SIDE ROCK RECOVER, TOGETHER, SIDE ROCK RECOVER, TOGETHER**

- 1-4 Step right back, step left back, step right back, step left together  
5&6 Rock right to side, recover left, step right together  
7&8 Rock left to side, recover right, step left together

**SECTION B3: STEP, TOGETHER, STEP TOGETHER, STEP, STEP, TOGETHER, STEP TOGETHER, STEP**

**Face forward during this section and, optionally, add knee pops.**

- 1-2 Step right along right diagonal, step left together  
3&4 Step right along right diagonal, step left together, step right along right diagonal  
5-6 Step left along left diagonal, step right together  
7&8 Step left along left diagonal, step right together, step left along left diagonal

**SECTION B4: BACK x 3, TOGETHER, ROCK FORWARD RECOVER, TOGETHER, ROCK BACK RECOVER, TOGETHER**

- 1-4 Step right back, step left back, step right back, step left together  
5&6 Rock right forward, recover left, step right back  
7&8 Rock left back, recover right, step left forward

**For B\* replace 7&8 with the following steps**

- 7&8 Step left back then turn ¼ right, step right to side, step left forward
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