

The Git Up Challenge

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 1 级数: Phrased Improver
编舞者: Jackie Lincoln (USA) - September 2019
音乐: The Git Up - Blanco Brown



#32 Count Intro

There are 4 Tags – Sequence = A, Tag 1, A, Tag 2, A, Tag 3, A, Tag 4, A

A= MAIN DANCE – CUP IN LEFT HAND

R TWO STEP AKA MASHED POTATO

1&2 R Toe Tap Forward Heel In (L In Place Heel In), R Heel Out (L Heel Out) Step Back On R Heel In (L Heel In)

L COWBOY BOOGIE

3-6 L Beh, R Side, L Stamp In Place, L Stomp To Left

R CROSS UNWIND

7-8 R Cross Unwind Full Turn Left (Couples - He Takes Her L Hand And Spins Her Clockwise On Counts 5-8)

R HOE DOWN

1&2&3&4& R Side Kick, Together, L Side Kick, Repeat

HEEL BALANCE WITH RIGHT SPRINKLE FINGERS (HAND UP AND FLUTTER YOUR FINGERS)

5-8 Lean Forward Toes In And Knees In, Lean Back And Balance On Heels, Sprinkle Fingers, Step Down

L VINE ¼ TURN LEFT,

1-4 L Side, R Beh, L Side, ¼ Left R Forward And Dip Down (Facing 9:00)

L BACK IT UP, HALF TURN AND SIP

5-8 L Back, R Back, Start Sipping ¼ Left L Side, ¼ Left R Together (Facing 3:00)

L BACK WITH HIPS (LEAN BACK AND ROCK HIPS)

1-4 Keep Sipping, L Back, R Back Stop Sipping, L Back, R Back

L FORWARD (LEAN BACK AND ROCK HIPS)

5-8 L Forward, R Forward, L Forward, ¼ Left R Side (Facing 12:00)

Tag 1 - 32 Count

L R Grape Vines

1-8 L Side, R Beh, L Side, R Touch, R Side, L Beh, R Side, L Touch

L Hand Raise (While Swaying L R L R)

1-4 Put Cup In Right Hand, Raise L Hand In The Air

L Hand On L Side (While Swaying L R L R)

5-8 Lower L Hand, Put L Hand On Your L Side/Hip

Shoulder Rolls

1-6 Bend At The Hip And Roll Shoulders, Bend Back Up While Rolling Shoulders

R Slip And Slide Step

7-8 R Side, Draw L Toe In

R His Favorite Part - Hip Bumps

&1&2 3&4 L Side, R Side Hip Bump Out In Out, L Side Hip Bump Out In Out

R Behind Side And R L Sways

5-8 R Behind, L Side, R Sway, L Sway

Tag 2 - 32 Count

L R Slip And Slides

1-4 L Side, Draw R Toe In, R Side, Draw L Toe In

L Sways And Fan - Cool Down Have A Good Time (While Swaying L R L R)

5-8 Fan Your Face With R Hand

L R Slip And Slides

1-4 L Side, Draw R Toe In, R Side, Draw L Toe In

L Step And Butterfly

5-8 L Side While Bringing Toes And Knees In, Toes And Knees Out, Toes And Knees In, Toes And Knees Out

L Round And Round Full Circle – Ball Changes

&1&2&3&4 While Turning A Half Circle L Forward, R Together, Repeat 3 Times (6:00)

&5&6&7&8 While Turning A Half Circle L Forward, R Together, Repeat 3 Times (12:00)

L Side Sways And Dip Down (While Bending Knees And Go Low)

1-6 L Sway, R Sway, L Sway, R Sway

Toes Heels Toes In (While Rising)

7&8 Toes In, Heels In, Toes In

Tag 3 - 32 Count

L Vine Crosses Step Together (While Bending Knees And Go Low)

1-8 L Side, R Behind, L Side, R Behind, L Side, R Together, L Side R Touch

R Vine Crosses (While Rising)

1-8 R Side, L Cross, R Side, L Cross, R Side, L Behind, R Side, L Behind

R Forward Down Criss Cross (While Bending Knees And Go Low)

1-4 R Forward, L Step Next To R Shoulder Width, Knees In, Knees Out While Crossing Hands Over Knees

R Forward Up Criss Cross (While Rising)

1-4 R Forward, L Step Next To R Shoulder Width, Knees In, Knees Out While Crossing Hands Over Hips

R Do Whatever You Want Here - Or Try Apple Jacks - Easy Alternative = R L Toe Fans For 8 Counts

1-2 Put Weight On Ball Of L Foot And Heel Of R Foot, Swivel L Heel In And R Toe Out, Return To Center

3-4 Put Weight On L Heel And R Ball, Swivel L Toe Out And R Heel In, Return To Center

5-8 Repeat Above

Tag 4 - 32 Count

"That Was No So Bad" - Do Whatever You Want Here - Or Try This

R L Toe Scuff Stomps Forward

&1&2 Step L, Touch R Toe Beside Left Bringing Your R Knee In, Scuff The R Foot Forward, Stomp R Foot Forward

3&4 Touch L Toe Beside Right Brining Your L Knee In, Scuff The L Foot Forward, Stomp L Foot Forward

5&6 7&8 Repeat Steps 1-4 Above

R L Slip And Slide Steps Backwards

1-4 R Diagonally Back, L Foot Draw Beside R, L Diagonally Back, R Foot Draw Beside L

5-8 Repeat Above

R ½ Monterey Turns

1-4 R Toe To R, On Ball Of L Make ½ Turn Over R Shoulder And Step On R, L Toe To L, Step On L

5-8 Repeat Above

R L Step Togethers (While Shimmying Your Shoulders)

1-4 R Side, L Together, R Side, L Touch

5-8 L Side, R Together, L Side, R Touch

Prepared By Jackie Lincoln In Virginia – I Tried To Simplify The Steps...Enjoy! Linedanceva@gmail.com
