

THE GIT UP (Sue Ann's Challenge for Line Dancers)

COPPERKNOB
STEPSHEETS

拍数: 160 墙数: 1 级数: Phrased Low Intermediate
编舞者: Blanco Brown (USA) - September 2019
音乐: The Git Up - Blanco Brown



Original Dance break-down by Damon D'Amico (slightly modified here)
Freestyle sections choreographed by Sue Ann Ehmann (so now they are not freestyle!)

Intro: 32 counts

Sequence: A B A C A D A E A

PART A (Main Section)

[1-8] (TWO STEP & SPIN AROUND)

1&2 Right heel grind, step left back, step right back
3-4 Step left behind right, step right to side
5-6 Stomp left beside right (no weight), step left to side
7-8 Cross right over, unwind a full turn left (weight to left)

(Easier option – 2 step walk around)

[9-16] (HOE DOWN & SPRINKLE FINGERS)

1& Kick right to side (punch fists down in front), step right together (raise fists)
2& Kick left to side (punch fists down in front), step left together (raise fists)
3& Kick right to side (punch fists down in front), step right together (raise fists)
4& Kick left to side (punch fists down in front), step left together (raise fists)
5-6 Drop down (knees together as heels go out), straighten up as heels come back together
7-8 Raise both toes (keeping weight on both heels) both hands go with “sprinkle fingers” (7), step left (8)

[17-24] (DIP AND SIP)

1-2 Step right behind, step left side
3-4 Dip - Bending knees step right together (sweeping right palm low across in front), turn 1/4 left and step left forward (9:00)
5-6 Turn 1/4 left stepping on right, turn 1/4 left stepping on left (3:00)
7-8 Step right back while “taking a sip” with right hand (fist with thumb and pinky extended), step left back

[25-32] (SHIMMY BACK, WALK FORWARD)

1-4 Walk back right, left, right, left (“put your hips in it” -or shoulders -, and let arms dangle down)
5-6 Walk forward right, left
7-8 Turn 1/4 left stepping right to side, touch left beside right (12:00)

PART B (Vines, Hand, Hips, Shoulders)

[1-8] VINE LEFT, VINE RIGHT

1-4 Step left to side, step right behind left, step left to side, touch right beside left
5-8 Step right to side, step left behind right, step right to side, touch left beside right

[9-16] HAND UP & TO HIP, SWING HIPS

1-4 Stepping left to side while raising left hand up and to the left (1), hold for 2 counts, put hand on left side (4)
5-8 Swing hips right, left, right, left

[17-24] SHOULDER ROLLS, HITCH, SLIDE RIGHT

- 1-5 Bend knees and roll shoulders
- 6 Hitch right
- 7-8 Big step right side, step left beside right

[25-32] WALK AROUND A FULL TURN (freestyle section in original dance)

- 1-8 Starting with right foot walk around to left in full circle back to 12:00

PART C (Slides, Cool Down, Butterfly, Lasso)

[1-8] SLIDE LEFT, SLIDE RIGHT, COOL DOWN

- 1-2 Big step left, drag/touch right together
- 3-4 Big step right, drag/touch left together
- 5-8 Fan face with right hand (4 counts) (march in place left, right, left, right)

[9-16] SLIDE LEFT, SLIDE RIGHT, BUTTERFLY

- 1-2 Big step left, drag/touch right together
- 3-4 Big step right, drag/touch left together
- 5-8 On balls of feet swivel knees in, knees out, knees in, knees out. (Heels go out, in, out, in)

[17-24] RIDE A HORSE A FULL CIRCLE LEFT

1&2&3&4&5&6&7&8

Starting with left foot "gallop around" full circle while circling right hand over head like swinging a lasso (weight ends on left) (12:00)

[25-32] SWING HIPS AND GET LOW (freestyle section in original dance)

- 1-4 Stepping right to side swing hips right, left, right, left
- 5-8 Getting low keep swinging hips right, left, right, left

PART D (Bring it Down, Bring it Up, Criss-Cross)

[1-8] VINE/WEAVE & SIDE STEPS LEFT (GETTING LOW AS YOU GO)

- 1-4 Step left to side, step right behind left, step left to side, step right across left
- 5-8 Getting low as you go -- step left to side, step right beside left, step left to side, touch right beside left

[9-16] VINE/WEAVE & SIDE STEPS RIGHT (BRING IT UP NOW)

- 1-4 "Bring it up" as you step right to side, step left behind right, step right to side, step left across right
- 5-8 Step right to side, step left beside right, step right to side, touch left beside right

[17-24] STEP TOGETHER, CRISS CROSS, STEP TOGETHER, CRISS CROSS

- 1-2 Step right forward, step left to side
- 3-4 Bend slightly forward - Knees in, knees out (criss crossing hands with knees)
- 5-6 Stand up straight - step right forward, step left to side
- 7-8 Knees in, knees out (criss crossing hands with knees)

[25-32] POINT STEPS, ROCKING CHAIR (freestyle section in original dance)

- 1-4 Point right to side, step right beside left, point left to side, step left beside right
- 5-8 Rock right forward, recover left, rock right back, recover left

PART E ("That was not so bad") (freestyle section in original dance)

[1-8] VINE LEFT, VINE RIGHT

- 1-4 Step left to side, right behind left, left to side, touch right beside left
- 5-8 Step right to side, left behind right, right to side, touch left beside right

[9-16] ROLLING VINE LEFT, ROLLING VINE RIGHT

- 1-4 Make 1/4 turn left stepping forward on left, make 1/2 turn left stepping back on right, make 1/4 turn left stepping left to side, touch right beside left
- 5-8 Make 1/4 turn right stepping forward on right, make 1/2 turn right stepping back on left, make 1/4 turn right stepping right to side, step left beside right

[17-24] CHARLESTON 2X

- 1-4 Step right forward, kick left forward, step left back, touch right back
- 5-8 Step right forward, kick left forward, step left back, touch right back

[25-32] JAZZ BOX 2X

- 1-4 Step right across left, step left back, step right to side, step left forward
- 5-8 Step right across left, step left back, step right to side, step left forward
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