

# Get Up Offa That Thing

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate - Funky  
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音乐: Get Up Offa That Thing - James Brown : (Album: Robot Soundtrack)



**Intro: Dance starts after James Brown yell (4 counts)**

**Kick, close, knee points, close (repeat on L), foot in, out, in, out, in while travelling to right side**

1            RF Kick forward  
&            RF Close next to LF  
2            Push both knees out  
&            Knees back  
3            LF Kick forward  
&            LF Close next to RF  
4            Push both knees out  
5            R heel out and L toes in  
6            L heel in and R toes out  
7            R heel out and L toes in  
&            L heel in and R toes out  
8            R heel out and L toes in

**Step with knee actions and hitch, running man steps**

1            RF Step to side and bend your knees and push them to the outside  
&            Knees back in place  
2            LF Hitch  
3            LF Step to side and bend your knees and push them to the outside  
&            Knees back in place  
4            RF Hitch  
5            Jump (RF forward and LF back)  
&            Jump (RF in the middle and hitch L)  
6            Jump (LF forward and RF back)  
&            Jump (LF in the middle and hitch R)  
7            Jump (RF forward and LF back)  
&            Jump (RF in the middle and hitch L)  
8            Jump (LF forward and RF back)  
&            Jump (LF in the middle and hitch R)

**Step, heel, Step, heel, weight changes while stomping a ¼ turn left**

1            RF Step to right side  
2            LF Heel to left side and push hip back  
3            LF Step to left side  
4            RF Heel to right side and push hip back  
5            RF Stomp to right side  
&            LF Recover weight  
6            RF 1/8 turn left and stomp to right side  
&            LF Recover weight  
7            RF Stomp to right side  
&            LF Recover weight  
8            RF 1/8 turn left and stomp to right side

**Toe, heel, toe, heel toe, Drag RF, camel walk**

- & LF Toe out
- 1 LF Heel out
- & LF Toe out
- 2 LF Heel out
- & LF Toe out
- 3 RF Start dragging towards LF
- 4 RF Finish dragging RF (weight stays on LF)
- 5 RF Step a small step forward, popping left knee forward
- 6 LF Step a small step forward, popping right knee forward
- 7 RF Step a small step forward, popping left knee forward
- 8 LF Step a small step forward, popping right knee forward

**Start again**

**Tag in the 9th wall after 16 counts**

- 1 Look back (turn head over right shoulder)
- 2 Look forward

**Tag comes back after the 10th wall**

**HAVE FUN**

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