

Gotta Get Up

COPPERKNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Judy Rodgers (USA) - April 2020
音乐: Gotta Get Up - Tyrone Wells : (Amazon.com)



#16 count intro

S1: Kick ball cross & cross & touch, turn 1/4 L, turn 1/2 L, coaster step

1&2&3 Kick R fwd, step on ball of R, cross L over R, step R to right, cross L over R
&4 Step R to right, touch L beside R
5-6 Turn 1/4 left step L fwd, turn 1/2 left step R back 3:00
7&8 Step L back, step R beside L, step L fwd

S2: Step rock recover, cross turn 1/4 L, rock recover L & rock recover R

1&2 Step R fwd, rock L to left side, recover R
3-4 Cross L over R, turn 1/4 left step R back 12:00
5-6 Rock L to left, recover R
&7-8 Step L beside R, rock R to right side, recover L

S3: Kick & touch, sailor step, sailor turn 1/4 R, step heel twists

1&2 Kick R fwd, step down on R, touch L toe to left
3&4 Step L behind R, step R to right, step L to left side
5&6 Turn 1/4 right step R behind L, step L to left side, step R to right side 3:00
7&8 Step L fwd, twist heels right, center (weight on R)

S4: Rock recover, side rock cross, monterey turn 1/4 R

1-2 Rock L back, recover R
3&4 Rock L to left side, recover R, cross L over R
5-6 Point R toe to right side, turn 1/4 R step R down 6:00
7-8 Point L toe to left side, step L beside R
