

Get Me Into Trouble

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jan Brookfield (UK) - August 2021
音乐: Trouble - Mark Chesnutt



Start dance on vocals. Only one easy turn.

Section 1 : ROCK BACK, RECOVER, BACK, KICK; FORWARD, TOUCH, ROCK BACK, RECOVER

1,2,3,4 Rock R back, recover onto L, rock R back, kick L forward
5,6,7,8 Step L forward, touch R next to L; rock R back, recover onto L

Section 2 : SHUFFLE BACK, ROCK BACK, RECOVER; SHUFFLE FORWARD; STEP, ¼ PIVOT

1&2,3,4 Shuffle back on R,L,R, rock L back recover onto R
5&6,7,8 Shuffle forward on L,R,L; step R forward, quarter pivot left (9 o'clock)

Section 3 : CROSS RIGHT, POINT LEFT; CROSS LEFT, POINT RIGHT; BACK RIGHT, SWEEP LEFT; COASTER STEP

1,2,3,4 Step R forward across L, point L to left side; step L forward across R, point R to right side
5,6 Step R back, sweep L in a semi-circle anti-clockwise
7&8 Step L back, step R next to L, step L forward

Section 4 : OUT - OUT, HOLD, BOUNCE x 2 ; BACK, TOUCH, BACK, TOUCH

&1,2 Step R out to right side, step L out to left side, hold (weight evenly balanced)
3,4 Bounce heels x 2
5,6 Step R back diagonally, touch L next to R (with optional hand clap)
7,8 Step L back diagonally, touch R next to L (with optional hand clap)

End of sequence position 9 o'clock

START OVER
