

Get Up Girl

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jo Boocock (NZ) & Bex Roper (NZ) - July 2022
音乐: Bathroom Floor - Maddie & Tae



Intro : 16 counts 2 Restarts

Restart Wall 3 after 8 counts (facing 12:00) and Wall 4 after 16 counts (facing 3:00)

Section 1 - Scissor Step, Step back on L 1/4 Right, Hitch R, Back Coaster Step, Step, 1/4 Right, Cross

1&2 3 4 Step R to right, step L by R, cross R over L, Step back on L turning 1/4 R [3:00], Hitch R knee

5&6 7&8 Step R back, step L by R, step fwd, step L fwd, 1/4 right [6:00], cross L over R

***Wall 3 restart facing 12:00**

Section 2 - Side Step into Hip Pushes, Sailor 1/4 Left, Lock Fwd Twice

1&2 3&4 Step R to right with hip push right, hip left, hip right, step L behind R with 1/4 left [3:00] step R fwd, step L fwd

5&6 7&8 Step R fwd, lock L behind R, step R fwd, step L fwd, lock R behind L, step L fwd

***Wall 4 restart facing 3:00**

Section 3 - Step, 1/4 Left, Cross, Side, Behind, 1/4 Left step, Step, 1/4 Left, Cross, Side, Touch

1&2 3&4 Step R fwd, pivot 1/4 left [12:00] , cross R over L, step L to left, step R behind L, step L into 1/4 left [9:00]

5&6 7 8 Step R fwd, pivot 1/4 left [6:00], cross R over L, step L to left, touch R by L

Section 4 - Jump R Back with L Kick, Step L, Scuff R, Step R Fwd, Fan Heel Out, Fan Heel In, Step R back, Step L Back, Reverse Rocking Chair, Step Back R 1/4 R ,Cross L over R

1&2& Jump back on R with L small kick fwd, step L fwd, scuff R, step R fwd

3& 4 Right Heel out to right, heel centre, step R back

5 6& Step L back, rock back on R, recover on L

7&8& Rock fwd on R, recover on L, step R to 1/4 right [9:00], cross L over R

Ending: Facing 12:00 final two steps are 8) rock back on R &) touch L by R

Have fun and let's see what happens!

Dance edit, email: jobex.bootscoot@gmail.com

Last Update: 24 Jul 2022