

Get On My Love

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Advanced
编舞者: Shane McKeever (N.IRE) - April 2023
音乐: Get On My Love - Picture This



Intro: 16 counts from very first beat in music (app 4. secs into track). Start with weight on L foot
Sequence: A, B, B, A, B, B, A (32), B, B (Ending)

A Part: 48 counts, 1 wall

[1 – 9] Walk RL fwd, step 5/8 L, R step lock step hitch, rock, sweep, behind side cross hitch

- 1 – 2 Walk R fwd (1), walk L fwd (2) 12:00
- 3& Step R fwd (3), turn 5/8 L stepping onto L (&) 4:30
- 4&5 Step R fwd (4), lock L behind R (&), step R fwd going up on ball of R hitching L knee (5) 4:30
- 6 – 7 Rock L fwd (6), recover back on R sweeping L out to L side (7) 4:30
- 8&1 Cross L behind R (8), turn 1/8 R stepping R to R side (&), turn 1/8 R crossing L over R going up on ball of L hitching R knee (1) 7:30

[10 – 16] Rock fwd, sweep, behind side cross, full unwind, R&L step touches

- 2 – 3 Rock R fwd (2), recover back on L sweeping R to R side (3) 7:30
- 4&5 Cross R behind L (4), turn 1/8 L stepping L to L side (&), cross R over L (5) 6:00
- 6 Unwind full turn L changing the weight from R to L (6) 6:00
- 7&8& Step R to R side (7), touch L next to R (&), step L to L side (8), touch R next to L (&) 6:00

[17 – 32] Repeat counts 1 – 16, but starting facing 6:00

[33 – 41] R&L Dorothy steps, step R fwd, L mambo sweep, behind side cross

- 1 – 2& Step R into R diagonal (1), lock L behind R (2), step R into R diagonal (&) 12:00
- 3 – 4& Step L into L diagonal (3), lock R behind L (4), lock L into L diagonal (&) 12:00
- 5 Walk R fwd towards 12:00 (5) 12:00
- 6&7 Rock L fwd (6), recover back on R (&), step back on L sweeping R out to R side (7) 12:00
- 8&1 Cross R behind L (8), step L to L side (&), cross R over L (1) 12:00

[42 – 48] L scissor step, ¼ L X 2, paddle ¼ L X 2, walk RL fwd

- 2&3 Step L to L side (2), close R next to L (&), cross L over R (3) 12:00
- 4& Turn ¼ L stepping back on R (4), turn ¼ L stepping L to L side (&) 6:00
- 5&6& Step R fwd (5), turn ¼ L onto L (&), step R fwd (6), turn ¼ L onto L (&) 12:00
- 7 – 8 Walk R fwd (7), walk L fwd (8) 12:00

B Part: 16 counts/2 walls

[1 – 8] R side mambo touch, arms, R coaster step, step ¼ L, look R, heel bounces

- 1&2 Rock R to R side (1), recover on L (&), touch R next to L (2) ... Arms: put R hand fwd into handshake position placing L hand on top of R hand in a scissor grip (1), drop L hand down and place R hand on heart (&), cross both arms in front of chest with closed fists (2) 12.00
- &3&4a No feet! ... Arms: Circle arms out to both sides (&), place hands behind head (3), push R elbow fwd (&), push L elbow fwd (4), place R hand on heart (a) 12.00
- 5&6 Step R back (5), step L next to R (&), step R fwd (6) ... Arms: push arms fwd (5), cross arms over chest with closed fists (6) 12.00
- 7&8& Turn ¼ L onto L dropping arms and look L (7), look R (&), bounce R heel twice (8&) 9.00

[9 – 16] Shoulder pushes, ¼ R sweep, fwd tap back, ½ L, step ¼ L, ¼ R sweep, step L fwd

- 1&2 Push R shoulder R (1), push L shoulder L (&), turn ¼ R onto R sweeping L fwd (2) 12:00
- 3&4 Step L down (3), tap R behind L (&), step back on R (4) 12:00
- &5 – 6 Turn ½ L stepping L fwd (&), step R fwd (5), turn ¼ L onto L placing R hand on heart (6) 3:00

7 – 8 Drop arm down and turn $\frac{1}{4}$ R onto R sweeping L out to side (7), step L fwd (8) 6:00

Ending During your last B do up to count 13, you're now facing 12:00. Step R out to R side and cross both arms in front of chest with closed fists 12:00
