

Get in or Get Out My Way

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Get In or Get Out - Sarah Lake



Intro: 8 counts

Sequence: wall 1, wall 2, TAG, wall 3, wall 4, wall 5-Restart, wall 6, wall 7, wall 8-Restart, TAG, wall 9, wall 10, wall 11, end of dance

Restarts:

-at 5th wall (after 8 counts)

-at 8th wall (after 8 counts)

For both restarts, first 6 counts of the dance + slide to the left LF

So:

[1-8] rock step, shuffle, step turn, shuffle

&1 step to the right RF -weight on RF
2 1/4 turn to the left (weight on RF) facing then 9h - then Weight back on LF
3 step forward RF
& LF close to RF
4 step forward RF
5 step forward LF
6 step turn 1/2 to the right facing then 3h- then weight on RF
+
7 while turning 1/4 to the right (arriving at 6h) - slide to the left LF
8& RF close to LF

TAGS

-after 2nd wall

-after 8th wall + restart

[1-8] shuffle x2, turns

&1 step forward diagonally RF
& LF close to RF
2 step forward diagonally RF
& LF touch close to RF
3 step forward diagonally LF
& RF close to LF
4 step forward diagonally LF
5 step forward RF
&6 1/2 turn left with LF - weight on RF while turning (arriving at 6h and putting then weight on LF)
7 step forward RF while turning 1/2 to the left (arriving at 12h and putting then weight on RF)
8 1/2 turn left with LF - weight on RF while turning (arriving at 6h and putting then weight on LF)

[9-16] shuffle x2, turns

&1 step forward diagonally RF
& LF close to RF
2 step forward diagonally RF
& LF touch close to RF
3 step forward diagonally LF
& RF close to LF
4 step forward diagonally LF
5 step forward RF

- &6 1/2 turn left with LF - weight on RF while turning (arriving at 12h and putting then weight on LF)
- 7 step forward RF while turning 1/2 to the left (arriving at 6h and putting then weight on RF)
- 8 1/2 turn left with LF - weight on RF while turning (arriving at 12h and putting then weight on LF)

N.B.

For the TAG after 8th wall+ restart:

***16 counts of the tag + 2 counts (step turn to arrive at 12 h again)**

So:

- 1 step forward RF
- & weight on RF- 1/2 turn to the left (arriving at 12h)
- 2 weight on LF - RF close to LF

Steps of the dance:

[1-8] rock step, shuffle, step turn, shuffle

- &1 step to the right RF -weight on RF
- 2 1/4 turn to the left (weight on RF) facing then 9h - then Weight back on LF
- 3 step forward RF
- & LF close to RF
- 4 step forward RF
- 5 step forward LF
- 6 step turn 1/2 to the right facing then 3h- then weight on RF
- 7 while turning 1/4 to the right (arriving at 6h) keeping weight on RF - step side LF
- & RF close to LF
- 8 1/4 turn to the right (facing 9h)- step back LF

[9-16] foot work

- & keeping weight on LF, 1/2 turn to the right (arriving at 3h)
- 1 touch with heel RF e weight on it
- 2 step and weight on LF behind RF
- 3 step back RF
- & LF close to RF
- 4 step forward RF
- 5 heel forward LF + weight on it & 1/4 turn to the left (arriving at 12h)
- 6 RF step behind LF
- 7 with weight on RF, 1/4 turn to the left (facing then 9h) + step back LF
- & RF close to LF
- 8 LF step forward

[17-24] slide RF, kick ball cross, slide LF, kick ball cross

- &1 RF step diagonally to the right
- 2 LF step close to RF
- 3 kick diagonally to the left LF
- & weight on LF
- 4 RF step over LF
- 5 LF step diagonally to the left
- 6 RF step close to LF
- 7 kick diagonally to the right RF
- & weight on RF
- 8 LF step over RF

[25-32] shuffle x2, kick ball touch & step turn x2

- &1 step to the right RF
- & LF close to RF
- 2 step to the right RF

3 1/4 turn to the left (arriving at 6h) - step side LF
&
4 RF step close to LF
5 while 1/4 turn to the left (arriving at 3h) - step forward LF
6 kick forward RF
7 weight on RF
8 1/2 turn to the left (arriving at 9h) - then put weight on LF
9 kick forward RF
10 weight on RF
11 1/2 turn to the left (arriving at 6h) - then put weight on LF

For the end, 3/4 turn to the left to arrive at 12h

or (optional) :

[29-32] kick ball touch & step turn x2

5 kick forward RF
6 weight on RF
7 1/2 turn to the left (arriving at 9h) - then put weight on LF
8 kick forward RF
9 weight on RF
10 1/2 turn to the left (arriving at 6h) - then put weight on LF

[33-34]

&
1 weight on RF
2 1/2 turn to the left (arriving at 12h)- weight on RF while turning
3 &
4 sweep LF behind RF
5 weight on LF
