

Let The Rhythm Get You

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Sylvia Schell (USA)
音乐: Conga/Rhythm Is Gonna Get You/Get On Your Feet - Walt Disney Records



WALK RIGHT, HOLD, WALK LEFT, HOLD, TRIPLE RIGHT, TRIPLE LEFT

1-4 Forward right, hold, forward left, hold (clap with the holds)
5&6 Triple right (right, left, right)
7&8 Triple left (left, right, left)

WALK RIGHT, HOLD, WALK LEFT, HOLD, TRIPLE RIGHT, TRIPLE LEFT

1-4 Forward right, hold, forward left, hold (clap with the holds)
5&6 Triple right (right, left, right)
7&8 Triple left (left, right, left)

SHUFFLE RIGHT, ROCK, RECOVER, SHUFFLE LEFT, ROCK, RECOVER

1&2 Step right to right side, step left beside right, step right to right side
3-4 Rock back on left foot (5th position), recover on right
5&6 Step left to left side, step right beside left, step left to left side
7-8 Rock back on right foot (5th position), recover on left

KICK RIGHT AND TOUCH, KICK LEFT AND TOUCH, STEP ¼ TURN, STEP ¼ TURN

1&2 Kick right foot forward, step back on right, touch left toe beside right foot
3&4 Kick left foot forward, step back on left, touch right toe beside left foot
5-6 Step forward on right foot, turn ¼ turn to left (weight ends on left)
7-8 Step forward on right foot, turn ¼ turn to left (weight ends on left)

REPEAT
