

# On Your Feet

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate/Advanced  
编舞者: Scott Schrank (USA)  
音乐: Get On Your Feet - Gloria Estefan



## HITCH ¼ TURN RIGHT, COASTER STEP, MAMBO STEP

1-2      Hitch right foot to left knee. With knee up, make a ¼ turn to right  
3&4      Bring right foot down and back from left foot, slide left foot next to right, step forward right  
5&6      Step left foot to left, place right next to left with weight on right. Cross left foot over right  
7&8      Step right foot to right, place left next to right with weight on left. Cross right foot over left.

## HITCH ¼ TURN LEFT, COASTER STEP, MAMBO STEP

1-2      Hitch left foot to right knee. With knee up, make a ¼ turn to left  
3&4      Bring left foot down and back from right foot, slide right foot next to left, step forward left  
5&6      Step right foot to right, place left next to right with weight on left. Cross right foot over left  
7&8      Step left foot to left, place right next to left with weight on right. Cross left foot over right

## TURNING ¾ GRAPEVINE, COASTER STEP, ¼ TURN INTO QUICK GRAPEVINE

1-2      Step right with right, cross left behind right  
3-4      Step out with right with a ¼ turn right, turn on ball of right foot ½ turn right  
5&6      Step back right foot, place left next to right, step forward right  
7&8&      Step left out and ¼ turn right, step right behind left, step left, step right in front of left

## SYNCOPATED TOE POINTS

1-2      Point left toe to left, hold  
&3-4      With a slight hop right, cross left over right putting weight on left, point right toe to right, hold  
&5-6      With a slight hop left, cross right over left putting weight on right, point left toe to left, bring left foot next to right  
7-8      Point left toe left, bring left foot next to right

## PIVOT TURN, ¾ CHA-CHA, TOE STEP, TOE STEP

1-2      Step forward left, pivot on balls of feet ½ turn to right  
3&4      While stepping forward with the left, start turning to the left (left-right-left) making ¾ turn  
**Option:**  
3&4      Step left with ¼ turn to right, step right behind left, bring left next to right  
5-6      Touch right toe to floor, step right foot down (weight is on right)  
7-8      Touch left toe to floor, step left foot down (weight is on left)

## LOCK SHUFFLE BACK, LOCK SHUFFLE BACK, FULL TURN FORWARD

1&2      Step right foot back, cross and lock left foot in front of right, step right foot back  
3&4      Step left foot back, cross and lock right foot in front of left, step left foot back  
5-6      Step forward right, pivot ½ turn to right on right foot changing weight to left  
7-8      Pivot ½ turn on left foot, changing weight to right, stomp left foot next to right

## REPEAT

If using the music James Dean, there are four extra beats after the third wall is complete. A 4-count "Body Roll" works to get back into the phrasing.