

Party Up

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Judy McDonald (CAN)
音乐: Get the Party Started - P!nk



Sequence: AB, AB, AAB, AAA

PART A

32 count chorus & instrumental

RIGHT STEP SIDE, LEFT TOUCH FORWARD, LEFT STEP SIDE, RIGHT TOUCH FORWARD

1-2 Step right to side, touch left forward

3-4 Step left to side, touch right forward

Add some arms to this. On count 2 put right arm straight up and left straight down. Reverse on count 4

RIGHT STEP SIDE, LEFT TOUCH FORWARD, LEFT STEP SIDE, RIGHT TOUCH FORWARD

5-6 Step right to side, touch left forward

7-8 Step left to side, touch right forward

Add some arms to this. On count 6 put right arm straight up and left straight down. Reverse on count 8

RIGHT STEP ¼ TURN WITH UPPER BODY ISOLATIONS FRONT, BACK, FRONT, BACK, FRONT, BACK

1-2 Make ¼ turn right step and push torso forward, push torso back

3&4& Push torso forward, push torso back, push torso forward, push torso back

Weight will be on left

RIGHT STEP FORWARD, LEFT STEP TOGETHER, RIGHT STEP FORWARD, LEFT TOUCH

5-6 Step right forward, step left beside right

7-8 Step right forward, touch left beside right

LEFT STEP SIDE PUSHING SHOULDER LEFT FOR 4 COUNTS

1-4 Step left to side while pushing shoulders left four times on each count

This will shift your weight to the left foot

RIGHT KNEE IN, RIGHT KNEE OUT, RIGHT KNEE IN, RIGHT KNEE OUT, LEFT TOUCH

5-6 Turn right knee in towards left, turn right knee out

7&8& Turn right knee in, turn right knee out, turn right knee in, turn right knee out while shifting weight to right and touch left beside right

LEFT STEP SIDE, RIGHT TOUCH, RIGHT KICK BALL CHANGE

1-2 Step left to side, touch right beside left

3&4 Kick right forward, step right back, step left in place

RIGHT TOE STRUT, LEFT CROSS TOE STRUT

5-6 Touch right toe to side, drop right heel

7-8 Touch left toe across in front of right, drop left heel

PART B

48 count verse

RIGHT SIDE SHUFFLE, LEFT ROCK, RIGHT STEP

1&2 Step right to side, step left beside right, step right to side

3-4 Step left back, step right in place

LEFT KICK BALL CHANGE TWICE

5&6 Kick left forward on left diagonal, step left back, step right across in front of left

7&8 Kick left forward on left diagonal, step left back, step right across in front of left

LEFT STEP SIDE, RIGHT TOUCH BACK, RIGHT STEP SIDE, LEFT TOUCH BACK

1-2 Step left to side, touch right behind left

3-4 Step right to side, touch left behind right

LEFT STEP SIDE, RIGHT TOUCH BACK, RIGHT TOUCH SIDE, RIGHT TOUCH BACK

5-6 Step left to side, touch right behind left

7-8 Touch right to side, touch right behind left

RIGHT TOE STRUT SIDE, LEFT CROSS TOE STRUT

1-2 Touch right toe to side, drop right heel

3-4 Touch left toe across in front of right, drop left heel

RIGHT JAZZ BOX MAKING ½ TURN RIGHT

5-8 Cross right over left, step left back, step right to side, step left forward

Do this while making a ½ turn to the right

RIGHT TOE STRUT FORWARD, LEFT TOE STRUT FORWARD

1-2 Touch right toe forward, drop right heel

3-4 Touch left toe forward, drop left heel

CIRCLE HIPS TO THE LEFT

5-8 Circle hips to the left for 4 counts

HIP BUMPS RIGHT, LEFT, RIGHT STEP, LEFT ROCK BACK, RIGHT STEP

1&2 Step right to side and bump hips right, bump hips left, step right in place

3-4 Step left back, step right in place

HIP BUMPS LEFT, RIGHT, LEFT STEP, RIGHT ROCK BACK, LEFT STEP

5&6 Step left to side and bump hips left, bump hips right, step left in place

7-8 Step right back, step left in place

RIGHT TOUCH, RIGHT STEP, LEFT TOUCH, LEFT STEP

1-2 Touch right forward, step right in place

3-4 Touch left forward, step left in place

RIGHT KICK, RIGHT STEP, LEFT TOUCH, LEFT STEP, RIGHT KICK, RIGHT STEP, LEFT STEP

5&6& Kick right forward, step right in front of left, touch left behind right, step left in place

7&8 Kick right forward, step right in front of left, step left beside right

BIG FINISH

**First 5 counts of Part A (facing 3:00). End with left hand on hip, right hand behind head and look to the front!
Too girlie? Then guys, fold your arms and just look cool!**
