

Time 2 Get Down

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: To Get Down - Timo Maas



Start after the first 40 beats. You'll feel like you should start after four sets of 8, but wait for another 8 counts to go by!

RIGHT QUICK ROCK BACK, RECOVER, RIGHT STEP INTO ½ TURN LEFT, 1¼ LEFT TURNING TRIPLE, RIGHT KICK & LEFT TOUCH & RIGHT KICK & LEFT STEP FORWARD

&1-2 Right rock back ball of foot, recover weight to left, right step forward into ½ turn left pivoting off left foot

The turn on counts 3&4 should travel forward and finish on the 3:00 wall

3&4 Left step forward into ½ turn left pivoting off right foot, right step forward into ½ turn left pivoting off left foot, left step side into ¼ turn left pivoting off right foot

Easier option for counts 3&4: pivot ¼ turn left and do a side triple, left-right-left, you'll be facing the 3:00 wall

5&6& Right low kick forward, right step down in place, left toe touch behind right heel, left step down in place

7&8 Right low kick forward, right step down in place, step left forward

SHAKE FORWARD, SHAKE BACK, LEFT VINE, RIGHT TOUCH

1 Bending slightly forward from waist, shake shoulders: drop left shoulder while right goes up

&2 Drop right shoulder while left goes up, drop left shoulder while right goes up

3 Gradually straighten up while shaking shoulders: drop right shoulder while left goes up

&4 Drop left shoulder while right goes up, drop right shoulder while left goes up, weight should finish back on right foot

Styling: while doing the left vine, raise right arm and push right hand straight out to right side, palm facing the wall you're moving away from.

Optional: shrug shoulders (be creative!) While doing the vine

5-6 Left step side left, right step behind left

7-8 Left step side left, right touch to right side

RIGHT SYNCOPATED HITCH, CHARLESTON SWIVELS, WALK BACK LEFT-RIGHT, LEFT COASTER STEP

1&2 Right hitch bringing right knee close to left leg, lower right leg (you may touch right toe to floor for balance if needed), right hitch bringing right knee close to left

&3&4 Turn both heels out, right toe touch forward turning both heels in, turn both heels out, right foot step back turning both heels in

Easier option:

3-4 Right toe touch forward, step right back (leaving out the swivels)

5-6 Step left back, step right back

Option: do "mashed potatoes/Charleston swivels" while stepping back: turn heels out before each step and in when stepping

7&8 Left step ball of foot back, right step ball of foot next to left, step left forward

RIGHT SYNCOPATED TAP-TAP-STEP FORWARD, TWIST ½ LEFT, ½ RIGHT, ½ LEFT, RIGHT STEP TOGETHER, HIP BUMPS/SHAKE

1&2 Right toe tap slightly forward, right tap further forward, step right forward

3 Keeping feet in current position, twist ½ turn left shifting weight quickly to left foot

4 Twist ½ right shifting weight quickly to right foot

5-6 Twist ½ left shifting weight quickly to left foot, right step next to left

7&8 Shake hips left, right, left (finishing with weight on left foot)

REPEAT
