

I'm Gonna Getcha Good

COPPER **KNOB**
BY STEPHEN BRETZ

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Isabelle Lair (USA)
音乐: I'm Gonna Getcha Good! - Shania Twain



FRONT ROCK COASTER / FRONT ROCK COASTER

- 1-2 Rock right foot forward, put weight on left foot
- 3&4 Step right foot back, step left foot together, step right foot forward
- 5-6 Rock left foot forward, put weight on right foot
- 7&8 Step left foot back, step right foot together, step left foot forward

TOUCH RIGHT TOE BACK, ½ TURN RIGHT, SHUFFLE, 2 SAILORS

- 1-2 Touch right toe back, turn ½ turn to right keeping weight on right foot
- 3&4 Shuffle left, right, left forward
- 5&6 Sailor right foot behind left, step left foot to left side, step right foot to right
- 7&8 Sailor left foot behind right, step right foot to right side, step left foot to left

OUT, OUT, CLAP, IN, IN, CLAP, VAUDEVILLES

- &1-2 Step right foot out, step left foot out (spread legs) and clap once
- &3-4 Step right foot in, step left foot in (bringing legs back together) and clap twice
- 5&6 Cross right foot over left foot, quickly bring left foot out towards back side, and extend right heel diagonally forward
- &7&8 Bring right foot back, cross left foot over right foot, quickly bring right foot out towards back side, and extend left heel diagonally forward

JUMPING JACKS ½ LEFT 2X

- 1-4 Jump and spread both legs out, jump at the same time cross right foot over left at the same time as you are crossing left foot behind right, pivot ½ left (do not move legs), jump and bring both legs back together
- 5-8 Jump and spread both legs out, jump at the same time cross right foot over left at the same time as you are crossing left foot behind right, pivot ½ left (do not move legs), jump and bring both legs back together

OUT, OUT, IN, IN 2X WHILE BACKING UP, APPLEJACKS

- &1&2&3&4 Step right foot back and out, step left foot back and out, step right foot back and back to center, step left foot next to right, repeat steps for &3&4
- 5-8 Applejacks: bring right foot next to left and twist right heel towards center, while twisting left toe out, do opposite for right side and repeat once

SHUFFLE SIDE RIGHT ROCK BACK, SHUFFLE LEFT SIDE ROCK ¼ RIGHT

- 1&2-3-4 Shuffle right, left, right, (while traveling to right), rock left foot behind right and step right foot in place
- 5&6-7-8 Shuffle left, right, left, (while traveling to left), rock right foot behind and recover with ¼ turn right step left foot in place

KICK, OUT, OUT, BUMP HIPS, SAILOR ¼ TURN LEFT, ¼ TURN LEFT

- 1&2 Kick right foot forward, step right foot out to right and step left foot out to left (feet are apart)
- 3-4 Bump hip once to left, once to right
- 5&6 Sailor left foot cross behind right, step right to right side (while starting your ¼ turn left) step left foot forward
- 7-8 Step right foot forward, pivot ¼ turn left and put weight on left foot

REPEAT

