

Get Together

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Anita Whittle (UK)
音乐: Bag It Up - Geri Halliwell



HIPS, HIPS, RIGHT SIDE SHUFFLE

1-2 Step right foot diagonally forward and bump hips right, left
3&4 Step right to right side, bring left next to right, step right to right side
5-8 Repeat steps 1-4 to the left

HEEL & HEEL AND RIGHT SHUFFLE, HITCH ¼ TURN RIGHT, POINT TO SIDE TWICE

9& Touch right heel forward, bring right heel next to left
10& Touch left heel forward, bring left heel next to right
11&12 Step forward on right, bring left up to right, step forward on right
13-14 Hitch left next to right and turn ¼ to right, point left foot out to left side
15-16 Hitch left next to right and turn ¼ to right, point left foot out to left side

SAILOR CROSS, SWEEP ½ TURN, BODY ROLL, ROCKS FORWARD AND BACK

17&18 Cross left over right, step back on right, step left to left side
19-20 Sweep right foot ½ turn left, bring right foot next to left
21-22 Bend knees, push and wave the action through the whole body

As though you are getting out of a seat

23&24 Rock forward left, rock back right, rock back on left, rock & forward on right

CROSS ROCK, TRIPLE STEP, CROSS, SIDE, BEHIND, ¼ TURN LEFT

25-26 Cross rock left foot over right diagonally forward
27&28 Rock back onto right
29-30 Step left, right left
31-32 Cross right over left, step left next to right, cross right behind left, step left ¼ turn

REPEAT
