

Get 'em Up

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Will 2K - Will Smith



KICK; TOUCH; SWIVEL ¼ TURN; SAILOR; ¾ TURN

- 1-2 Kick right foot across the left and punch right arm to left diagonal; touch right toe to right side and bring arm back down
- 3&4 Swivel heels to the left; swivel heels to the right; swivel heels to the left and turn a ¼ turn to the right (weight ending on left foot)
- 5&6 Cross right behind left; step left slightly to left side; step right to right side (sailor step)
- 7-8 Cross left foot behind right; unwind ¾ turn to the left (weight ending on left foot)

CHARLESTON FOR 8 COUNTS

- 9-10 Step right forward; touch left toe forward
- 11-12 Step left back; touch right toe back
- 13-16 Repeat previous 4 counts

Instead of doing the easy steps for the Charleston, you can substitute something like the mashed potato.

- &9&10 Bring right up and swivel heels out; step right forward and swivel heels in; bring left up and swivel heels out; touch left forward and swivel heels in
- &11&12 Bring left up and swivel heels out; step left back and swivel heels in; bring right up and swivel heels out; touch right back and swivel heels in
- 13-16 Repeat 9-12

BUMP RIGHT (TWICE); BUMP LEFT (TWICE); ¼ TURN LEFT; ¼ TURN RIGHT; & SHUFFLE

- 17&18 Bump hips to the right; bump hips to the right
Arm styling: Bring right forearm up (parallel to the ground) to just below shoulder level, hand in a fist. Left hand grabs right fist, left elbow is pointing down (the two forearms make a right angle). As you bump the hips to the right on 17, the right elbow moves to the right. On & the elbow moves back to center (just like the hips). On 18, the elbow moves to the right again
- 19&20 Bump hips to the left; bump hips to the left
Arm styling: The movement is the exact opposite. The right hand now grabs the left fist with the left elbow pointing to the left side and the right elbow pointing down.
- 21-22 Swivel ¼ turn to the left, weight ending on right (this is easier to do if you move your hips to the right as you turn); turn ½ to the right, weight ending on left
- &23&24 Step right next to left; step left forward; step right next to left; step left forward
- 23&24 are a shuffle forward**

BACK RIGHT; BACK LEFT; FULL TURN; WALK FORWARD WITH ARMS

- 25-26 Step right back; step left back
- 27-28 Step right back into a ½ turn to the right; step left forward into a ½ turn to the right
- 29-30 Step right forward and put right arm up at a 45 degree angle, snapping fingers; step forward left and put left arm up at a 45 degree angle, snapping fingers
- 31-32 Step right forward and put right arm down at a 45 degree angle, snapping fingers; step forward left and put left arm down at a 45 degree angle, snapping fingers

REPEAT