

Get It On (Bang A Gong)

COPPER KNOB
STEPSHEETS

拍数: 44 墙数: 4 级数: Intermediate
编舞者: Chris Hodgson (UK)
音乐: Bang A Gong - Carey Zeigler



CROSS-SIDE-TAP TWICE, & CROSS-HOLD, & CROSS-UNWIND ½ LEFT

- 1-2 Cross left over right, step right to right side (left is out to left side)
&3&4 Lift left heel up, drop heel down, lift left heel up, drop heel down (keep weight on right)
&5-6 Step left next to right, cross step right over left, hold for 1 count
&7-8 Small step left to left side, cross step right over left, unwind ½ turn left (weight on left)

HIP BUMPS (UP & DOWN) (WITH ATTITUDE!!)

- 1&2& Step forward on right bumping hips up, bump hips center, bump hips down, bump hips center (weight on right)
3&4 Bump hips up, bump hips center, bump hips down (weight on right)
5&6& Step forward on left bumping hips up, bump hips center, bump hips down, bump hips center (weight on left)
7&8 Bump hips up, bump hips center, bump hips down (weight on left)

HEEL SWIVELS BACK X4, OUT-OUT-HOLD W CLAP, HEEL LIFT TWICE

- &1 Swivel both heels out, swivel both heels in stepping right behind left
&2 Swivel both heels out, swivel both heels in stepping left behind right
&3&4 Repeat above counts &1&2
&5-6 Small step out with right, small step out with left, hold clapping hands
&7&8 Lift up right heel, drop heel down, lift up left heel, drop heel down

BRUSH-HITCH-STEP, STEP-HEEL SWIVELS, COASTER STEP, STEP-½ TURN

- 1&2 Brush right foot forward, hitch right knee, step forward on right
3&4 Step left forward, swivel both heels to left, swivel both heels to center (keep weight on right)
5&6 Step back on left, step right next to left, step forward on left
7-8 Step forward on right, pivot ½ turn left

ROCK STEP, TRIPLE ½ TURN RIGHT, ROCK STEP, TRIPLE ¾ TURN LEFT

- 1-2 Step forward on right, rock weight back onto left
3&4 Triple ½ turn right stepping on right-left-right
5-6 Step forward on left, rock weight back onto right
7&8 Triple ¾ turn left stepping on left-right-left

CROSS-BACK, CHASSE RIGHT

- 1-2 Cross right over left, step back on left
3&4 Step right to right side, step left next to right, step right to right side

REPEAT