

Let's Get Excited

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ria Vos (NL) - May 2009
音乐: Let's Get Excited - Alesha Dixon : (Album: The Alesha Show or Single)



Intro: 32 counts from heavy beat

Rock Back Rec. Step, Full Turn L, Step Back, Hold, Rock Back, Rec.

1-2 Rock Back on R, Recover on L
3-4 Step Fwd on R, Pivot ½ Turn L
5-6 Turn ½ L on L Stepping R Back, Hold
7-8 Rock Back on R, Recover on L

Kick. Step, Lock Step, Step Swivel ½ Turn L, Hitch

1-2 Kick Fwd on L, Step Fwd on L (Angel body to R Diagonal)
3-4 Lock R behind L, Step Fwd on L
5 Step Fwd on R (Straighten up to 12:00)
6-7-8 Swivel Heels Right, Left, Right Swiveling in Total ½ Turn L Ending with L Hitch

Step, Hold, Ball-Step, Side Rock, Cross, ¼ Turn R x2

1-2 Step Fwd on L, Hold
&3 Step on Ball of R next to L, Step Fwd on L
4-5 Rock R to Right Side, Recover on L
6 Cross R Over L
7-8 Turn ¼ Right Step Back on L, Turn ¼ Right Step R to Right Side

Point, Hold, & Touch, Hold, & Cross Rock, Rec. Side Rock, Rec.

1-2 Point L to Right Diagonal, Hold
&3-4 Step L to Left Side, Touch R Next to L, Hold
&5-6 Step on Ball of R Next to L, Cross Rock L Over R, Recover on R
7-8 Rock L to Left Side, Recover on R

Sailor Steps, Behind, Side

1-2-3 Step L Behind R, Step R to Right Side, Step L to Left Side
4-5-6 Step R Behind L, Step L to Left Side, Step R to Right Side
7-8 Step L Behind R, Step R to Right Side

½ Hinge Turn R, Hold, Ball-Cross, Side, ½ Hinge Turn L, Hold, Cross Rock Rec.

1-2 ½ Hinge Turn Right Step L to Left Side, Hold
&3-4 Step on Ball of R Next to L, Cross L Over R, Step R to Right Side
5-6 ½ Hinge Turn Left Step L to Left Side, Hold
7-8 Cross Rock R Over L, Recover on L

Point, Hold, & ¼ Turn R, Point, Hold, Jazz-Box Touch

1-2 Point R to Right Side, Hold
&3-4 Turn ¼ Right Stepping R Next to L, Point L to Left Side, Hold
5-6 Cross L Over R, Step Back on R
7-8 Step L to Left Side, Touch R Next to L

Point, Hold, & ¼ Turn R, Point, Hold, Cross, Back, Long Step Back, Drag

1-2 Point R to Right Side, Hold
&3-4 Turn ¼ Right Stepping R Next to L, Point L to Left Side, Hold

5-6	Cross L Over R, Step back on R
7-8	Step L Long Step Backwards, Drag R towards L (Without Weight)
