

Get Up N Go

COPPER KNOB
STEPPERS

拍数: 56 墙数: 2 级数: Improver
编舞者: Ross Brown (ENG) - September 2009
音乐: Get Up 'N' Go - The Ditty Bops : (CD: Moon Over The Freeway - 2:12)



Intro: 8 Counts (Approx. 7 Secs)

CHASSE RIGHT. (¼ TURN L) CHASSE LEFT. HEEL SWITCHES. STEP, KNEE POP.

1&2 Step right to the right, close left up to right, step right to the right.
3&4 Make a ¼ turn left stepping left to the left, close right up to left, step left to the left.
5&6& Tap right heel forward, step right next to left, tap left heel forward, step left next to right.
7&8 Step forward with right, pop both knees forward raising both heels, place both heels. (9 o'clock)

COASTER STEP. STEP, KNEE POP. COASTER STEP. STEP, PIVOT ¼ TURN L.

1&2 Step back with right, step left next to right, step forward with right.
3&4 Step forward with left, pop both knees forward raising both heels, place both heels..
5&6 Step back with left, step right next to left, step forward with left.
7-8 Step forward with right, pivot a ¼ turn left. (6 o'clock)

Restart On Wall 3, restart the dance at this point facing 6 o'clock.

DIAGONAL KICKS. SAILOR STEP. CROSS SHUFFLE.

1-2-3-4 Kick right foot across left, kick right foot forward to right diagonal, repeat both kicks.
5&6 Cross step right behind left, step left to the left, step right to the right.
7&8 Cross step left over right, close right up to left, cross step left over right. (6 o'clock)

DIAGONAL HEEL ROCK, RECOVER. BEHIND, SIDE, CROSS. X2

1-2 Rock forward to right diagonal on right heel, recover onto left.
3&4 Cross step right behind left, step left to the left, cross step right over left.
5-6 Rock forward to left diagonal on left heel, recover onto right.
7&8 Cross step left behind right, step right to the right, cross step left over right. (6 o'clock)

CHASSE RIGHT. (¼ TURN L) CHASSE LEFT. HEEL SWITCHES. STEP, KNEE POP.

1-8 Repeat Section 1. (3 o'clock)

COASTER STEP. STEP, KNEE POP. COASTER STEP. STEP, PIVOT ¼ TURN L.

1-8 Repeat Section 2. (12 o'clock)

DIAGONAL KICKS. SAILOR STEP. CROSS SHUFFLE.

1-8 Repeat Section 3. (12 o'clock)

End of Dance. Start again and Enjoy!

NOTE 1: The dance is a One Wall Dance however the Restart turns it into a Two Walls.

NOTE 2: If it helps you to remember the dance, the HEEL ROCKS are done facing the Back before the Restart and then facing the Front after the Restart.

ross-brown@hotmail.co.uk