

Get Me Down

COPPERKNOB
STEPPERS

拍数: 24 墙数: 4 级数: Beginner
编舞者: Hannah Harrison (UK) - February 2010
音乐: Pencil Full of Lead - Paolo Nutini



24 count intro (Start on vocal count 4)

Heel Grind, Behind Side, Heel And Heel, Rock And Kick And Kick And Kick And.

1&2& Cross R heel in front of left and step L out to L side. Step R behind L, step L-to-L side.
3&4& Cross R heel in front of L, step L-to-L side, Cross R heel in front of L, step L-to-L side
5&6& Rock back on R recover on L, kick R foot forward and step down onto it, kick L foot forward
 and step onto it, kick R foot forward and step down onto it.

Rock And Rock And, Fwd ½ Turn, Jump Out Jump In, 1/4 Left Jump Out Jump In

1&2& Rock forward L recover R, Rock back L recover R,
3&4 Step forward L half turn over R shoulder step forward L,
&5&6 Jump out R L jump in R L,
&7&8 while making a ¼ turn left jump out R L, Jump in R L

Charleston, X4 ¼ Turns

1,2,3,4 Point R foot forward, step back R, point L foot back, step forward
5&6&7&8& Step forward R pivot a ¼ L, Step forward R pivot a ¼ L, Step forward R pivot a ¼ L, Step
 forward R pivot a ¼ L.

Enjoy !
