

Get Up Dance

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK) - February 2011
音乐: Get Up Dance (feat. Eva Menson) (Radio Kriss Evans Edit) - Alexis Dante & J M Sicky : (3:23)



Intro: 32 BEATS (14 secs)

S1: STEP, ROCK RECOVER, CHASSE ¼ LEFT, STEP ½ PIVOT LEFT, RIGHT LOCK STEP

1-2-3 Step right to right side on slight right diagonal, Cross rock left over right, Recover on right
4&5 Step left to left side, Step right next to left, ¼ turn left stepping forward on left [9:00]
6-7 Step forward on right, ½ pivot left [3:00]
8&1 Step forward on right, Lock left behind right, Step forward on right

S2: ROCK FORWARD, RECOVER, BACK LOCK STEP, ROCK BACK, RECOVER, STEP FORWARD

2-3 Rock forward on left, Recover on right
4&5 Step back on left, Lock right over left, Step back on left
6-7 Rock back on right, Recover on left
8 Step forward on right

S3: STEP ½ PIVOT RIGHT, STEP L, STEP ½ PIVOT LEFT, ½ TURN BACK, ROCK BACK, RECOVER

1-2 Step forward on left, ½ pivot right [9:00]
3-4 Step forward left, Step forward right
5-6 ½ pivot left, ½ turn left stepping back on right [9:00]
7-8 Rock back on left, Recover on right

S4: ROCK & CROSS, SIDE ROCK, RECOVER, CROSS, SIDE, TOGETHER

1&2 Rock left to left side, Recover on right, Cross left over right
3-4 Rock right to right side, Recover on left
5-6 Cross right over left, Step left to left side
7 Step right next to left

S5: CHASSE LEFT, CROSS ROCK, RECOVER, CHASSE RIGHT, CROSS ROCK, RECOVER, STEP L

8&1 Step left to left side, Step right next to left, Step left to left side
2-3 Cross rock right over left, Recover on left
4&5 Step right to right side, Step left next to right, Step right to right side
6-7-8 Cross left over right, Recover on right, Step left to left side

S6: CROSS UNWIND ¾ LEFT, ROCK BACK, RECOVER, WALK L, KICK & POINT, HOLD

1-2 Cross right over left, Unwind ¾ left (weight back on right) [12:00]
3-4-5 Rock back on left, Recover on right, Walk forward on left
6&7 Kick right forward, Step right next to left, Point left to left side
8 HOLD

S7: & STEP, ½ PIVOT LEFT x 2, CROSS ¼ BACK, RIGHT CHASSE

&1-2 Step left next to right, Step forward on right, ½ pivot left [6:00]
3-4 Step forward on right, ½ pivot left [12:00]
5-6 Cross right over left, ¼ right stepping back on left pushing bottom out [3:00]
7&8 Step right to right side, Step left next to right, Step right to right side

S8: CROSS, SIDE, SAILOR, JAZZ BOX CROSS

1-2 Cross left over right Step right to right side
3&4 Cross left behind right, Step right to right side, Step left next to right

5-6 Cross right over left, Step back on left
7-8 Step right to right side, Cross left over right

TAG: At the end of Wall 5 [3:00]

1-2-3-4 Bump right, Bump left, Bump right, Bump left OR optional body movements

Added March 6th 2011
