

Get Out!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Lori Manary (USA) - October 2011
音乐: Baggage Claim - Miranda Lambert : (iTunes)



**** I dedicate this dance to my great friend 'Jody Capper'! ****

Start on lyrics - Pattern: 32, 32, 16, Restart, 32's rest of song

STEP BACK, DRAG, TOUCH, HIP ROLL, HEEL POP, FLICK ¼ TURN, 2 L HIP BUMPS

1, 2 Step Back R (1), Drag L Next to R (2)
3, 4 Hip Roll (3), Pop up R Heel (4) (L takes weight)
5&6 Flick low, R Forward, (5) Bring R next to L ankle, at the same time pivoting ¼ turn L on L (&
 Touch R Next to L (6)
7, 8 Bump L hip slightly out to L twice (7, 8) (L takes weight) (9:00)

Optional: 5&6, you can do a touch R forward instead of a flick.

TOE TOUCH R, L, STEP BACK, DRAG, FWD SHUFFLE (R,L,R), ½ PIVOT TURN L, STEP FWD L

9, 10 Touch R Toe Fwd (9), Bring R Back next to L (&), Touch L Toe Fwd (10)
11,12 Step Back L (11), Drag R Next to L (12)
13&14 Forward Step R (13), Step L Next to R (&), Forward Step R (14) (keep weight on R)
15,16 Pivot ½ Turn to Left (15), Step small, L Forward (16) (L takes weight) (3:00)

RESTART happens on the 3rd wall, you do 16 counts (the above steps) and restart the dance from the top

SLIGHT DIAGONAL SHUFFLE FWD (R,L,R) L SIDE ROCK, RECOVER, SLIGHT DIAGONAL SHUFFLE FWD (L,R,L) R SIDE ROCK, RECOVER

17&18 (Traveling at Slight Angle Right) - Step R (17), Step L next to R (&), Forward step R (18)
19,20 Side Rock L (19), Recover on R (20)
21&22 (Traveling at Slight Angle to Left) - Step L (21), Step R next to L (&), Forward step L (22)
23,24 Side Rock R (23), Recover on L (24) (3:00)

SHUFFLE BACK (R,L,R) L SIDE POINT, ¼ TURN L, SIDE SHUFFLE (L,R,L) R POINT FWD, ¼ TURN L, SIDE SHUFFLE (L,R,L)

25&26 Step Back R (25), Step L next to R (&), Back Step R (26)
27, 28 Point L Toe Out to Side (27), ¼ Turn to Left (28) (keep weight on R)
29&30 Side Step L (29), Step R Next to L (&), Side Step to L (30)
31, 32 Point R Toe Forward (31), ¼ Turn Left (32) (keep weight on L) (9:00)

Pattern of Dance:-

Do the entire 32 counts twice. (you will be at 6:00), -

Do the First 16 counts of the dance, (you will be at 9:00), Restart at the top of the dance. -

Do the entire 32 counts for the remainder of the song

Enjoy!

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