

Get Down

COPPERKNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Get Down by Michelle Pagliaro



Two ¼ Monterey Turns

- 1-4 Touch R to right side, 1/4 pivot right on L and step on R, touch L to left side, step together on L
5-8 Touch R to right side, 1/4 pivot right on L and step on R, touch L to left side, step together on L

Strut Forward Twice, Kick Ball Change Twice

- 9-12 Touch R toe forward, step down on R heel, touch L toe forward, step down on L heel
13&14 Kick R foot forward, step on ball of R, step down on L
15&16 Kick R foot forward, step on ball of R, step down on L

Right Train, ½ Pivot, ¼ Pivot

- 17-20 Rock forward on R, recover on L, rock back on R, recover on L
21-22 Step forward on R, pivot ½ turn left onto L
23-24 Step forward on R, pivot 1/4 turn left onto L

Weave Left, Vine Right and Cross

- 25-28 Cross R over L, step side L, cross R behind L, step side L
29-32 Step side R, cross L behind R, step side R, cross L over R

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