

Get In, Sit Down

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jenny Ogden & Rebecca Ross (AUS) - March 2014
音乐: Shut up and Hold On - Toby Keith : (Album: Drinks After Work.)



Original Position: Feet Together Weight On The Right Foot.

This Dance Is Done In All Four Directions.

Introduction – Starts 8 Counts In On Change Of Beat □

½ Turn, ½ Turn, Coaster Step, Dorothy Left, Dorothy Right

1, 2 Turn ½ R Step Fwd On R, Turn ½ R Step Back L,
3 & 4 Coaster: Step Back On R, Step L Together, Step Forward On R,
5, 6& Dorothy Left: Step Forward On L 45, Lock R Behind L, Step L Beside R,
7, 8& Dorothy Right: Step Forward On R 45, Lock L Behind R, Step R Beside L. [12:00]

Forward Rock, Double Turn Back, Back-Back, Coaster Step

1, 2 Step L Forward, Rock Back Onto R,
3&4& Turning Left ½ Step L Forward, ½ Step R Back, ½ Step L Forward, ½ Step R Back,
5, 6 Step Back On L, Step Back On R,
7 & 8 Coaster: Step Back On L, Step R Together, Step Forward On L. [12:00]

Dance

Side Rock Across, Side Rock Across, Pivot Turn Step, Side Behind Side Cross.

1 & 2 Step R To Right, Rock On To L, Step R Across Left,
3 & 4 Step L To Left, Rock On To R, Step L Across Right,
5 & 6 Pivot: Step R Forward, Turn ½ L Step On L, Step R Forward, ##
7&8& Step L To The Side, Step R Behind Left, Step L To The Side, Step R Across L. [6:00]

¼, ½, Forward, Step, Scuff, Scoot, (Go Back) Run, Run, Run, Sailor Turn ¼ Tog

1 & 2 Turn 90 Deg R Step Back On L, Turn 180deg R Step Forward On R, Step Forward On L
3&4 Step Forward On R, Scuff L, Scoot Back Slightly On R
5 & 6 Run Backwards L, R, L,
7 & 8& Turn 90deg R Sailor: Step R Behind L, Step L To Side, Step R To Side, Step L Together
[6:00]

Mambo Forward, Mambo Back, Cross ¼, ¼, Step, ½, ½, Step.

1 & 2 Step R Forward, Rock Back Onto L, Step R Beside L,
3 & 4 Step Back On L, Rock Forward On To R, Step L Beside Right ***

5 & 6 Step R Across L, Turn 90 Deg R Step Back on L, Turn 90 Deg R Step Fwd On R
7&8& Step Forward On L, Turn L 180deg Step Back On R, Turn L 180deg Step Forward On L,
Step Forward On R.

Forward Rock, Side Rock, Behind Side Cross, Side Rock Cross, ¼, ½, Forward, Scuff.

1&2& Rock L Heel Fwd Lifting R Heel, Replace R Heel, Rock L Heel To L Side Lifting R Heel,
Replace R Heel
3&4 Step L Behind R, Step R To Side, Step L Across R,
5&6 Rock R To R Side, Rock Onto L, Step R Across L
7&8& Turn 90 Deg R Step Back On L, Turn 180 Deg R Step Forward On R, Step L Forward, Scuff
R

[32] □ Repeat The Dance In New Direction Note: Full Turns Can Be Replaced With Runs

Tag/Restart – On Wall 2 ## Dance First 6 Counts Then Add Vine ¼ Scuff

1&2& Step L To Side, Step R Behind L, Turn 90deg L Step Fwd On L, Scuff R

Restart – On Wall 4 * Dance To Count 20 Then Restart [3:00]**

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