

Get 'Em Up

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Terry Daily (USA) - May 2014
音乐: Bottoms Up - Brantley Gilbert



Walk R, L hips RLR fwd back fwd

1,2 3&4 Walk fwd R, Walk fwd L, Hip bumps fwd R, back L, fwd R

Walk L, R hips LRL fwd back fwd

5,6 7&8 Walk fwd L, Walk fwd R, Hip bumps fwd L, back R, fwd L,

Vine R w/ ¼ turn R (3:00)

1,2,3,4 Step out R, Cross L behind R, ¼ turn stepping R, step fwd L

Hitch, touch, ¼, ¼

5,6,7,8 Hitch R knee up, touch R toe back, turn 1/4 turn over R (6:00) shoulder stepping down R looking over R shoulder, ¼ turn back to L (3:00) stepping fwd L looking fwd now.

Chase turn ½ turn (9:00)

1&2 Step fwd R, ½ turn over L, step fwd R, Slow ¼ turn R (12:00)

3,4 Step fwd L ¼ turn R

Jazz w ¼ turn L and touch (9:00)

5,6,7,8 Cross L over R and step back R (5, 6), ¼ turn L by stepping out L and touch R (7, 8)

Kick and touch, kick and touch (touches to side)

1&2 Kick R fwd, step down R, touch L toe to L side,

3&4 Kick L fwd, step down L, touch R to R side

Hip and shoulder rocks RLRL (side to side)

5,6,7,8 Step Down R and roll hips and shoulders RLRL

Restart 3rd wall after 16 cts Hitch and looks.

Have fun!!

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