

Get Me One

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Donna Manning (USA) - April 2015
音樂: Gotta Get Me One of Them (Radio Edit) - Soul Circus Cowboys



#3 Tags - after walls 3, 6 & 8

Sec. 1 (1-8) □ Step Back (w/ body roll), Ball-Step, Step Back – X2

1-2, &3,4 Start body roll as you Step R back toed out, finish body roll top to bottom on count 2, bring ball of L to R, Step R slightly back, Step L back
5-6, &7,8 Repeat 1-4 (12:00)

Sec.2 (9-16) □ Coaster Step, Walk, Walk, Step, Heel Swivels, Back, Hitch

1&2, 3,4,5 Step R back, bring L to R, step R fwd, walk fwd L-R, step L fwd just taking weight to ball of L
6&7&8 Swivel both heels to L, back to center, both heels out to L, back to center taking weight to R, Small hitch w/ L sitting back on R leg (12:00)

Sec. 3 (17-24) □ Step, Point, Step, Point, Step, Ronde ¼ Turn, Cross, Step Back

1,2,3,4 Step L fwd, point R to R side, Step R fwd, Point L to L side
5,6,7,8 Step L fwd, Sweep R back to front as you turn ¼ to L, cross R over L, Step L back (9:00)

Sec.4 (25-32) □ ½ of a Hip Circle R-L, ¼ Turn, Step, ½ Turn, ¼ Turn

1-2, 3-4 Step R to R side as you roll hips to R for 1-2, Roll hips back to L taking weight to L for 3-4
5,6,7,8 ¼ turn R stepping on R, Step L fwd, ½ turn R taking weight to R, ¼ turn R stepping L to L side (9:00)

TAG**** After walls 3,6, & 8

Kick & Touch, Kick & Touch, Heel Switches and Toe Switches

1&2 Kick R fwd, replace R to center, touch L toe back
3&4 Kick L fwd, replace L to center, touch R toe back
5&6& Touch R heel fwd, replace R to center, touch L heel fwd, replace L to center
7&8& Touch R toe to R side, replace to center, touch L toe to L side, replace to center to begin dance w/R

HAVE FUN!!

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

Video rights assigned to choreographer. dancinfreedonna@gmail.com - www.dancinfree.com

All rights reserved.