

Get Me One (Beg)

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Donna Manning (USA) - April 2015
音樂: Gotta Get Me One of Them - Soul Circus Cowboys



#3 little Tags of booty shakin' – after walls 3, 6 & 8

***If, you take out the Tags it will not feel the same, so please use this dance to teach beginners Tags.
Easy foot work and fun Tags.

Sec.1 (1-8) □ Step, Touch (X4)

1,2,3,4 Step L fwd, Touch R next to L, Step R fwd, touch L next to R

5,6,7,8 repeat 1-4 □ (12:00)

(For styling, as you step L fwd angle to R diagonal. As you bring R to L to touch, change angle of body to L diagonal. On counts 7, 8 keep body square to wall)

Sec.2 (9-16) □ Step, Kick, Step, Step, Step, Kick, Step, Step

1,2,3,4 Step down on L, kick R across L, Step R to R side, Step L to L side

5,6,7,8 Step R to center, Kick L across R, Step L to L side, Step R to R side □ (12:00)

Sec.3 (17-24) Back, Touch, Back, Touch, back, Touch, Back, Together

1,2,3,4 Step L back, Touch R toe in front, Step R back, Touch L toe in front

5,6,7,8 Step L back, Touch R toe in front, Step R back, Step L together with R (12:00)

Sec.4 (25-32) Hip Rolls ½ Turn, Side, Touch

1,2,3,4,5, 6 As you are making a ½ turn to the L roll hips counter clockwise alternating weight R, L, R, L, R, L

7,8 Step R to R side , touch L next to R □ (6:00)

TAGS @ the end of walls 3, 6 & 8

1,2,3,4 Hip bumps 2 to the L, hip bumps 2 to the R

5,6,7,8 Hip circles counterclockwise 2 times full circle weight ending on R

Done facing the back, then the front, then the front again.

End of Dance! 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.

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