

Get Your Feet Off The Ground

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver / Intermediate
編舞者: Jean Beets (DE) & Rens Koning - July 2015
音樂: Kees Plat - Get Your feet Off The Ground



Walk 2 steps forward, 3 fast steps forward, step Hitch (2X), Scissor Step

1,2 Step forward RF-LF
3&4 Steps forward RF-LF-RF
5&6& LF step forward with 1/4 Turn right, Hitch right knee, Step RF forward with 1/4 Turn right, Hitch left knee (6:00)
7&8 LF side step, close RF next to LF, Cross LF over RF

Kick, walk back (2X), Hip Bumps, Heel bounces with 1/4 turn, Coaster Step

1&2& RF kick forward, RF step back, LF kick forward, LF Step back
3&4 RF step forward with hip bump, hip bump back on left, hip bump back on right
5&6 Heel bounces (3 X) with 1/4 turn left (3:00)
7&8 LF step back, RF close next to LF, LF step forward

Step,Close, swivel , Rumba box

1,2 RF Step forward, LF close next to RF
3&4 Both heels turn to right, both toes turn to the right, both heels turn to the right
5&6 RF step to right, LF close next to right, RF step forward
7&8 LF step to the left, RF close next to LF, LF step back

Samba steps backwards (2X), Walk with 3/4 turn

1&2 RF cross over LF, LF step back, RF close next to LF
3&4 LF cross over RF, RF step back, LF close next to RF
5,6,7,8 Walk RF-LF-RF-LF with 3/4 turn left (6:00)

Repeat from the start

Tag: At the end of wall 2 and wall 4:

Cross mambo steps (2X)

1&2 RF Cross rock over LF, weight back on LF, RF close next to LF
3&4 LF cross rock over RF, weight back on RF, LF close next to RF

Last Update – 31st July 2015