

Get Ready To Get Down

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Improver
編舞者: Cef Decaney (USA) - August 2015
音樂: Getting Ready to Get Down - Josh Ritter



Dance begins 32 counts after music starts

Heel-Toe-Heel-Toe-Left Shuffle-Right Shuffle

1&2&3&4 (1) Touch Right Heel Forward (&) Step down on Right (2) Touch Left Toe Back (&) Step down on Left (3) Touch Right Heel Forward (&) Step Down on Right (4) Touch Left Toe Back
5&6-7&8 Shuffle Forward LRL, Shuffle Forward RLR

Heel-Toe-Heel-Toe-¼ Turn Left-Cross Shuffle

1&2&3&4 (1) Touch Left Heel Forward (&) Step down on Left (2) Touch Right Toe Back (&) Step down on Right (3) Touch Left Heel Forward (&) Step Down on Left (4) Touch Right Toe back
5-6-7&8 (5) Step Right Forward (6) Pivot ¼ Turn Left Weight on Left (7&8) Cross Shuffle Right over Left RLR

**** Tag and Restart Here on 4th Wall**

Side step-Cross Behind-Side Step-Sways X2 Left then Right

1-2&3-4 (1) Step Left to Left side (2) Cross Right behind Left (&) Step Left to Left Side (3) Step onto Right (4) Step onto Left
5-6&7-8 (5) Step Right to Right side (6) Cross Left behind Right (&) Step Right to Right side (7) Step onto Left (8) Step onto Right

Rock-Recover-Left Coaster-¼ Turn Left-Shuffle

1-2-3&4 (1) Rock Forward on Left (2) Recover on Right (3) Step Left Back (&) Step Right next to Left (4) Step Left Forward
5-6-7&8 (5) Step Right Forward (6) Pivot ¼ Turn Left -Weight on Left (7&8) Shuffle Forward RLR

Rock-Recover-½ Turn-Step-½ Turn-Step-Shuffle

1-2-3-4 (1) Rock Forward on Left (2) Recover onto Right (3) Step Back with Left Making ½ Turn over Left shoulder (4) Step Forward Right
5-6-7&8 (5) Pivot ½ Turn over Left Shoulder stepping onto Left (6) Step Forward Right (7&8) Shuffle Forward LRL

Rock-Recover-½ Turn-¼ Turn-Behind, Side, Front-Shuffle

1-2-3-4 (1) Rock Forward on Right (2) Recover onto Left (3) Step Back with Right making ½ Turn over Right shoulder (4) Step Left to side making ¼ Turn Right
5&6-7&8 (5) Cross Right Behind Left (&) Step Left to Left Side (6) Cross Right Over Left (7&8) Side shuffle to the Left LRL

End of Dance

On the 4th Wall (9 O'Clock Wall) Tag and Restart

Dance Toe-Heel-Shuffles (counts 1-8)

Next set of 8 as follows:

1&2&3&4 Touch Left Heel, Step onto Left, Touch Right Toe Back, Step onto Right, Touch Left Heel, Step onto Left, Touch Right Toe Back
5-6-7&8 Step Right Forward- Make ¼ Turn Left (weight stays on the Right)-Side Shuffle LRL

**** Throughout the dance it is a cross shuffle, for the Tag, side shuffle**

Restart Dance at this point, you will be facing the 6 O'Clock wall at the restart

