

# Get Down & Giddy Up

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Tina Michelle (USA) - February 2016  
音樂: Get Down & Giddy Up by Lindsey Bryant



## SIDE-STEPS & SLIDES

- 1-2      Point right toe to right, right toe in next to left
- 3-4      Step right to right, slide left toe next to right
- 5-6      Point left toe to left, left toe in next to right
- 7-8      Step left to left, slide right toe next to left

## HEEL-SWITCHES AND ROLLS

- 1-2      Right heel, replace with left heel
- 3-4      Replace with right heel, drop right toe
- 5-8      Roll hips vertically twice

## PIVOTS & LASSOS

- 1-4      Four stomps with ball of foot right foot next to left pivoting foot, and right hand lassos while turning 180° left
- 5-8      Four stomps with ball of left foot next to right pivoting foot, and left hand lassos while turning 180° right

## PIVOT & HIP CIRCLES

- 1-4      Right foot steps twice next to left pivoting foot while circling hips left quarter turning 90° left
- 5-8      Four right heel touches or stomps, stepping right foot together with the left on the fourth

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