

# Get Up & Try!

**COPPERKNOB**  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Ann-Kristin Sandberg (NOR) - April 2016  
音樂: Try Everything - Shakira : (iTunes)



Start dancing after 32 counts on vocal (I messed up the) night.

## **SIDE-TOGETHER-SIDE RECOVER-TOGETHER-SIDE-TOGETHER-SIDE RECOVER-TOGETHER**

1-2            Step R to R side, Step L next to T  
3&4           Step R to R side, Recover onto L, Step R next to L  
5-6           Step L to L side, Step R next to L  
7&8           Step L to L side, Recover onto R, Step L next R

## **WALK x2-SHUFFLE-STEP-PIVOT ½ TURN R-SHUFFLE**

1-2            Step R forw, Step L forw  
3&4           Step R forw, Step L next to R, Step R forw  
5-6           Step L forw, Pivot ½ turn R (06)  
7&8           Step L forw, Step R next to L, Step L forw

(OPTIONS ARMS: on count 3& : Raise both arms with palms up..up & forward  
On count 4 : Move both fists to your chest)

## **SIDE RECOVER-CROSS SHUFFLE-SIDE RECOVER-CROSS SHUFFLE**

1-2            Step R to R side, Recover onto L  
3&4           Cross R over L, Step L to L side, Cross R over L  
5-6           Step L to L side, Recover onto R  
7&8           Cross L over R, Step R to R side, Cross L over R

## **¼ TURN R-STEP-¼ TURN SHUFFLE R-STEP-¼ TURN R-SHUFFLE**

1-2            ¼ turn stepping R forw, Step L forw (09)  
3&4           ¼ turn R stepping R forw, Step L next to R, Step R forw (12)  
5-6           Step L forw, ¼ turn R stepping R forw (03)  
7&8           Step L forw, Step R next to L, Step L forw

**ENJOY!**

---