

Come and Get It

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Darren Bailey (UK) - June 2016
音樂: Come and Get It - John Newman



Intro: 16 counts (start on lyric 'Crazy')

Sequence: A, B, A, A (Restart), A, B, A, A, Tag, A, A

Part A – 32 counts

A1: Walk R, L, Out, Out, In, Cross, Scuff, Rock R, Recover, Behind, Side, Cross, Side

1-2 Step forward on RF, Step forward on LF
&3&4 Step RF to R side, Step LF to L side, Step in with RF, Cross LF in front of RF
Note: (Restart here on wall 3, facing 6:00)
&5-6 Scuff RF to R diagonal (only a small scuff), Rock RF to R side, Recover onto LF
7&8& Cross RF behind LF, Step LF to L side, Cross RF in front of LF, Step LF to L side

A2: Cross, Point L, Sailor ½ turn L, C bump with R hitch, Sailor ¼ turn L

1-2 Cross RF in front of LF, Point LF to L side
3&4 Cross LF behind RF, Make a ¼ turn L and step RF to R side, Make a ¼ turn L and cross LF in front of RF (now facing 6 o'clock)
5&6 Hitch R knee and bump R hip up to the R, Step RF down and bump hips L, Bump hips down to the R whilst clicking finger of R hand down to the R like Michael Jackson!
7&8 Cross LF behind RF, Step RF to R side, Make a ¼ L and step forward on LF (now facing 3 o'clock)

A3: Dorothy step R, Dorothy step L, Heel switches R, L, Step, Swivel R, Return, Swivel L

1-2& Step RF toward R diagonal, Lock LF behind RF, Step RF to R side
3-4& Step LF toward L diagonal, Lock RF behind LF, Step LF to L side
5&6& Touch R heel forward, Close RF next to LF, Touch L heel forward, Close LF next to RF
7&8& Step forward on RF (split weighted), Twist R heel to R, return centre, Twist L heel to L,

A4: Return with Circle R, Step, Twist R, L, R (making ½ turn L), Coaster press, Recover, Step

1&2 Return to centre (Taking weight) as you do this the R foot pushes out to R side to start a circular motion out up in and down, Step forward on RF
3&4 Twist both heels to R making a ¼ turn L, Twist both heels L, Twist both heel to R making a ¼ turn L (Weight is back on RF and facing 9 o'clock)
5&6 Step Back on LF, Close RF next to LF, Press LF forward on ball of foot
7-8 Rock back on RF, Recover onto LF

Part B – 32 counts

B1: Rock R, Recover, (x3) Behind, Side, Cross

1-2 Step RF to R side and sway to R side, Recover onto LF
3-4 Sway to R side, Recover onto LF
5-6 Sway to R side, Recover onto LF
7&8 Cross RF behind LF, Step LF to L side, Cross RF in front of LF
(counts 1-6 should be danced with slightly bent knees, to make it groovy)

B2: Rock L, Recover x3, Behind, Side, Cross

1-2 Step LF to L side and sway to L side, Recover onto RF
3-4 Sway to L side, Recover onto RF
5-6 Sway to L side, Recover onto RF
7&8 Cross LF behind RF, Step RF to R side, Cross LF in front of RF
(Counts 1-6 should be danced with slightly bent knees, to make it groovy)

B3: Rock RF forward, Recover x3, Coaster step

- 1-2 Step RF forward and push hips forward, Recover onto LF
- 3-4 Push hips forward, Recover onto LF
- 5-6 Push hips forward, Recover onto LF
- 7&8 Step back on RF, Close LF next to RF, Step forward on RF

(Counts 1-6 should be danced with slightly bent knees, to make it groovy)

B4: Jazz box with L, Touch, Out, Out, In, Touch, Body roll back

- 1-2 Cross LF over RF, Step back on LF
- 3-4 Step LF to L side, Touch RF next to LF
- 5&6& Step RF to R side, Step LF to L side, Step RF in towards LF, Touch LF next to RF
- 7-8 Step back on LF Starting body roll from top to bottom over 2 counts.

Tag: (after wall 8 facing 9 o'clock)

- 1-2 Point RF to R side, Point RF behind LF slightly crossing and click fingers of L hand to L side
- 3-4 Point RF to R side, Point RF behind LF slightly crossing and click fingers of L hand to L side

Hope you enjoy the dance.

Live to Love; Dance to Express.

Last Update – 15th June 2016
