

Let's Get Back To Me and You

COPPERKNOB
STEP SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Namida Dancers (CH) - December 2016
音樂: Let's Get Back to Me and You - Alan Jackson : (Album: The Bluegrass)



Intro: 40 counts,

[1-8] □APPLE JACKS MOVE LEFT RIGHT, RIGHT RIGHT, RIGHT RIGHT, RIGHT LEFT

- 1, 2 With the weight left on heel and right on toe, swivel first left than right
- 3, 4 With the weight left on toe and right on heel swivel to right, change the weight left on heel and right on toe and swivel again to right
- 5, 6 With the weight left on toe and right on heel swivel to right, change the weight left on heel and right on toe and swivel again to right
- 7, 8 With the weight left on toe and right on heel, swivel first right than left

[9-16] □APPLE JACKS MOVE RIGHT LEFT, LEFT LEFT, LEFT LEFT, LEFT RIGHT

- 1, 2 With the weight left on toe and right on heel, swivel first right than left
- 3, 4 With the weight left on heel and right on toe swivel to left, change the weight left on toe and right on heel and swivel again to left
- 5, 6 With the weight left on heel and right on toe swivel to left, change the weight left on toe and right on heel and swivel again to left
- 7, 8 With the weight left on heel and right on toe, swivel first left than right

[17-24] HEEL CLOSE, HEEL CLOSE, BACK TOUCH 1/4 TURN JUMP BACK KICK, STOMP SCUFF

- 1, 2 RF touch forward on heel, RF close beside LF
- 3, 4 LF touch forward on heel, LF close beside RF
- 5, 6 RF back touch on toe and 1/4 turn, RF jump back and LF kick forward
- 7, 8 LF stomp, scuff RF forward

[25-32] □HEEL CLOSE, HEEL CLOSE, BACK TOUCH 1/4 TURN JUMP BACK KICK, STOMP SCUFF

- 1, 2 RF touch forward on heel, RF close beside LF
- 3, 4 LF touch forward on heel, LF close beside RF
- 5, 6 RF back touch on toe and 1/4 turn, RF jump back and LF kick forward
- 7, 8 LF stomp, scuff RF forward

[33- 40] □HEEL CLOSE, HEEL FLICK, HEEL HOOK, HEEL CLOSE

- 1, 2 RF touch forward on heel, RF close beside LF
- 3, 4 LF touch forward on heel, LF flick on left and slap with LH
- 5, 6 LF touch forward on heel, LF hook across RF
- 7, 8 LF touch forward on heel, LF close beside RF

[41- 48] □HEEL CLOSE, HEEL FLICK, HEEL HOOK, HEEL CLOSE

- 1, 2 LF touch forward on heel, LF close beside RF
- 3, 4 RF touch forward on heel, RF flick on right and slap with RH
- 5, 6 RF touch forward on heel, RF hook across LF
- 7, 8 RF touch forward on heel, RF close beside LF

[49- 56] □KICK STOMP, FLICK STOMP, SWIVEL SWIVEL 1/4 TURN, SWIVEL STOMP

- 1, 2 RF kick forward, RF stomp beside LF
- 3, 4 RF flick right, RF stomp beside LF
- 5, 6 RF swivel on heel to right, RF swivel on toe to right and 1/4 turn
- 7, 8 RF swivel on heel to right, LF stomp beside RF

[57- 64] □KICK STOMP, FLICK STOMP, SWIVEL SWIVEL 1/4 TURN, SWIVEL STOMP

- 1, 2 LF kick forward, LF stomp beside RF
- 3, 4 LF flick left, LF stomp beside RF
- 5, 6 LF swivel on heel to left, LF swivel on toe to left and 1/4 turn
- 7, 8 LF swivel on heel to left, RF stomp beside LF

TAG: 8 counts after the 3. wall

APPLE JACKS LEFT WITH 1/2 TURN

[4x]□With the weight left on heel and right on toe swivel to left, change the weight left on toe and right on heel and swivel again to left with 1/8 turn

Contact: info@namidadancers.ch
