

Get On It

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Jessica Carlson (USA) - November 2016
音樂: Train - Drew Baldrige



Starts after 16 Counts (of music) with the Lyrics - Phrasing A (28ct), Tag, A,B,C,A (28ct), Tag,A,B,A,C,C,A,B,B

Part A: 32 counts

Section A1: Step R, Step Behind, and Heel and Cross, Make ¼ turn over R shoulder, Make ¼ turn over R shoulder, Run, Run, Run

- 1,2&3&4 Step RF to R (1), Step LF behind RF (2), Step RF to R (&), Touch LF to L (3), Step LF center (&), Cross RF over LF (4)
- 5,6,7&8 Make ¼ turn over R shoulder by stepping back on LF (5) (3:00), Make ½ turn over R shoulder by stepping forward on RF (6) (9:00), Step LF forward (7), Step RF forward (&), Step LF forward (8)

Section A2: Forward Rock, Coaster Step, Slide Step making ¼ turn to R, Hip Bumps

- 1&2,3&4 Scuff RF forward (1), Hook RF over L shin (&), Touch R toe forward (2), Twist R heel out (3), Twist R heel in (&), Put weight on RF (4)
- 5&6,7&8 Scuff LF forward (1), Hook LF over R shin (&), Touch L toe forward (2), Twist L heel out (3), Twist L heel in (&), Put weight on LF (4)

Section A3: Scuff, Hook, Twisting Toe Dig (x2)

- 1&2,3&4 Scuff RF forward (1), Hook RF over L Leg (&), Touch R Toe forward (2), Twist R Heel Out (3), Twist R Heel In (&), Step down on RF (4)
- 5&6,7&8 Scuff LF forward (5), Hook LF over R Leg (&), Touch L Toe forward (2), Twist L Heel Out (3), Twist L Heel In (&), Step down on LF (4)

Section A4: Step R, Touch LF, Step L, Touch RF, Step R, together, Step R, Touch, Hop L (x4), Make ¼ turn L while shuffling F

- 1&2&3&4& Step RF to R (1), Touch LF next to RF (&), Step LF to L (2), Touch RF next to LF (&), Step RF to R (3), Step LF next to RF (&), Step RF to R (4) Step LF next to R (&) **Tag here the 1st and 3rd time you do A**
- 5&6,7&8 Hop to the L (5), Hop to the L (&), Hop to the L (6) [make sure weight is on the RF], Make ¼ turn over L shoulder while stepping forward on LF (7), step RF next to LF (&), Step LF forward (8)

Tag: Hop to the L on full counts (1,2,3,4), Make ¾ turn over L shoulder by walking LF, RF, LF (5,6,7) Touch RF next to LF (8) (12:00)

Part B: 16 counts

Section B1: R Heel Grind, Pony back, L Heel Grind making ¼ turn to L, Pony back

- 1,2,3&4 Step R Heel forward (1), Twist R toes from L to R (2), Step RF back (3), Step on LF toes next to RF (&), Step RF back (4)
- 5,6,7&8 Step L Heel forward (5), Twist L toes from R to L making ¼ turn over L Shoulder (6) (9:00), Step LF back (7), Step on RF toes next to LF (&), Step LF back (4)

Section B2: R Heel Grind with ½ turn, Pony back, Shimmy

- 1,2,3&4 Step R Heel forward (1), Twist R toes from L to R making ½ turn over R Shoulder (2) (3:00), Step RF back (3), step LF toes next to RF (&), Step RF back (4)
- 5&6&7&8 Step LF next to RF (5), Shimmy L Shoulder down (&), Up (6), Down (&), Up (7), Center weight and stand up straight (&) put weight on LF (8)

Part C: 16 counts

Section C1: Vine Right, Touch, Vine Left with ¼ turn L, Touch

1,2,3,4 Step RF to R (1), Step LF behind RF (2), Step RF to R (3) Touch LF next to RF (4)
5,6,7,8 Step LF to L (5), Step RF behind LF (6), Make $\frac{1}{4}$ over L shoulder while stepping forward on LF (7), Touch RF next to LF (8)

Section C2: RF Press-Return, LF Press-Return and Cross Unwind

1,2&3,4 RF Press Forward (1), Recover weight onto LF (2), Step RF next to LF (&) LF Press Forward (3), Recover weight onto RF (4)
&5,6,7,8 Step LF next to RF (&), Cross RF over LF (5) Unwind making full turn (6,7,8)

Please do not alter this step sheet in any way. If you would like to use on your website, please make sure it is in its original format and include all contact details on this script. Copyright © Jessica Carlson (Carlson_jess@hotmail.com) All rights reserved.
