

# Get Off My Back

拍數: 52      牆數: 4      級數:  
編舞者: Kerly Luige (EST) - November 2005  
音樂: Get Off My Back - Bryan Adams : (Album: Spirit - Stallion of the Cimarron Soundtrack)



## Shuffle Forward, Step, Step, Pivot-Turn 1/4-Cross, Step, Behind

1&2      Step right forward, step together with left, step right forward  
3, 4      Step left forward, step right forward  
5&6      Step left forward, make 1/4 turn to right lifting weight onto right, step left across right foot  
7, 8      Step right to right side, step left behind right foot

## Heel & Knee & Heel & Hitch 1/4 & Side Touch & Side Touch & Heel & 1/4 Turn-Touch

1&2&      Touch right heel forward, step together with right, bend your left knee in, step together with left  
3&4&      Touch right heel forward, step together with right, hitch left knee up, step together with left making 1/4 turn to left  
5&6&      Touch right toe to right side, step together with right, touch left toe to left side, step together with left  
7&8&      Touch right heel forward, step together with right, step left to left side making 1/4 turn to right, touch right next to left

## Side Shuffle, Cross, Step, Sailor-Step, Sailor-Step 1/4

1&2      Step right to right side, step together with left, step right to right side  
3, 4      Step left across right foot, step right to right side  
5&6      Step left behind right foot, step right to right side, step left to left side  
7&8      Step right behind left foot, step left to left side, step right forward making a 1/4 turn to right

## Forward-Touch-Back-Touch, Shuffle Forward, Pivot-Turn 1/4, Cross & Cross

1&2&      Step left forward, touch right toe behind left foot, step right back, touch left toe across right foot  
3&4      Step left forward, step together with right, step left forward  
5, 6      Step right forward, make 1/4 turn to left lifting weight onto left  
7&8      Step right across left foot, step left to left side, step right across left foot

## Kick-Ball-Touch, Kick-Ball-Touch, Kick-Ball-Touch, Kick-Ball-Touch

1&2      Kick left foot forward, ball on left, touch right toe to right side  
3&4      Kick right foot forward, ball on right, touch left toe to left side  
5&6      Kick left foot forward, ball on left, touch right toe to right side  
7&8      Kick right foot forward, ball on right, touch left toe to left side

## While doing the kick-ball-touches, move slightly backwards

## Knee Turn 1/4, Kick-Ball-Change, Pivot-Turn 1/2, Shuffle 1/2

1, 2      Bend your left knee in, push your left knee out making a 1/4 turn to left lifting weight onto left  
3&4      Kick right foot forward, ball on right, step together with left  
5, 6      Step right forward, make 1/2 turn to left lifting weight onto left foot  
7&8      Step right to right side making 1/4 turn to left, step together with left, step right back making 1/4 turn to left

## Coaster-Step, Pivot-Turn 1/4

1&2      Step left back, step together with right, step left forward  
3,4      Step right forward, make 1/4 turn to left lifting weight onto left foot

## REPEAT

### RESTARTS

During the second wall, dance the first 50 counts, then leave out the last 1/4 pivot-turn to left and start the third wall from the top (after the coaster-step).

During the fifth wall, dance the first 44 counts, do the "knee turn 1/4, kick-ball-change" and then start the sixth wall from the top.

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