

Get Ya Some

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Dee Blansett (USA) & Rob Holley (USA) - June 2018
音樂: Party Up (feat. Jason Mitchell) - Cowboy Troy : (CD: Laugh with Me - iTunes)



Intro: 16 (start on vocals)

[1-8] FORWARD SHUFFLES (2X), HEEL-KICK SWITCHES, HEEL PUMP

1&2 Shuffle Step forward Right (1), Left (&), Right (2)
3&4 Shuffle Step forward Left (3), Right (&), Left (4)
5&6& Kick R heel forward (5), Step R next to L (&), Kick L heel forward (6), Step L next to R (&)
7-8 Pump/Kick R heel forward (7), Pump/Kick R heel forward (8)

[9-16] SYNCOPATED ROCK STEPS, WALK BACK (3X), HITCH R KNEE

1-2& Rock R forward (1), Recover weight on L (2), Step R ball next to L (&)
3-4 Rock L forward (3), Recover weight on R (4)
5-8 Step L back (5), Step R back (6), Step L back (7), Hitch R knee up-double clap (&8)

Note: Feel free to add your own styling for counts 5-8 (mashed potato, etc)

[17-24] SIDE RIGHT SHUFFLE, ¼ TURN L-COASTER STEP, SIDE TOE SWITCHES (3X), HOLD

1&2 Step R to R side (1), Step L next to R (&), Step R to R side (3)
&3&4 Turn ¼ L (&), Step L back (3), Step R back (&), Step L forward (4) (9:00)
5&6& Point R toe to R side (5), Step R next to L (&), Step L toe to L side (6), Step L next to R (&)
7-8 Point R toe to R side (7), Hold (8)

[25-32] SAILOR STEP, BEHIND-¼ -STEP, 3-STEP 1/2 PADDLE TURN & FLICK OR HITCH

1&2 Step R behind L (1), Step L to L side (&), Step R next to L (2)
3&4 Step L behind R (3), Turn ¼ R - Step R forward (&), step L forward (4) (12:00)
&5&6 Lift Right foot & twist 1/6 turn to Left (&) Step Right foot out (5) Lift Right foot & twist 1/6 turn to Left (&) Step Right foot out (6)
&7 Lift Right foot & twist 1/6 turn to Left (&) Step Right foot out (7)
8 Flick or hitch (8) (6:00)

Repeat and get ya some!!

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