

Get On It

COPPER KNOB
STEPSHEETS

拍數: 128 牆數: 2 級數: Phrased Low Advanced
編舞者: Roberto Bresciani (IT) - September 2018
音樂: Get On It (Live) - Sunny Cowgirls : (Album: Live Wires)



Phrased: Intro (16 count); Part A (64 count); Part B (64 count); 1 Restart; 1 Tag (16 count)
Sequence: Intro; A; A; B; A (16 count); A; A; B; A; Tag; B (Final)

Start after 16 count

INTRO

(IS1) Rocking Chair, Pivot Left (twice)

1-2 Rock Right Forward; Return Onto Left
3-4 Rock Right Back; Return Onto Left
5-6 Step Right Forward; Turn 1/2 Left
7-8 Step Right Forward; Turn 1/2 Left

(IS2) Rocking Chair, Pivot Left (twice)

1-2 Rock Right Forward; Return Onto Left
3-4 Rock Right Back; Return Onto Left
5-6 Step Right Forward; Turn 1/2 Left
7-8 Step Right Forward; Turn 1/2 Left

PART A: 64 counts

(AS1) Grapevine Right, Scuff, Grapevine Left, Stomp Up

1-2 Step Right To Right Side; Cross Left Behind Right
3-4 Step Right To Right Side; Scuff Left Beside Right
5-6 Step Left To Left Side; Cross Right Behind Left
7-8 Step Left To Left Side; Stomp Up Right Beside Left

(AS2) Scissor Right, Scissor Left, Point Right, Point Left

1-2 Step Right Diagonally Back To Right; Step Left Beside Right
3-4 Cross Right Over Left; Step Left Diagonally Back To Left
5-6 Step Right Beside Left; Cross Left Over Right
7-8 Touch Right Toe to Right Side; Return Onto Right & Touch Left Toe to Left Side

* Before Restart change 7-8 in AS2: 7 in Jump Rock Right Back & Kick Left Forward; 8 Return Onto Left

(AS3) Slow Kick Ball Step Right, Scuff, Step Turn 1/4 Left, Stomp Up, Step Turn 1/4 Left, Stomp

1-2 Kick Right Forward; Step Right Beside Left
3-4 Step Left Forward; Scuff Right Beside Left
5-6 Step Right Turn 1/4 Left; Stomp Up Left Beside Right
7-8 Step Left Turn 1/4 Left; Stomp Right Beside Left

(AS4) Wild Swivel (repeat twice)

1-2 Swivel Right Toe To Right Side; Swivel Left Toe To Right Side
3-4 Swivel Right Heel To Right Side; Swivel Left Heel to Right Side
5-6 Swivel Right Toe To Right Side; Swivel Left Toe To Right Side
7-8 Swivel Right Heel To Right Side; Swivel Left Heel to Right Side

(AS5) Slow Coaster Step Turn 1/4 Left, Scuff, Step, Lock, Rock Recover

1-2 Turn 1/4 Left & Step Right Back; Step Left Beside Right
3-4 Step Right Forward; Scuff Left Beside Right
5-6 Step Left Forward; Lock Right Behind Left

7-8 Rock Left Forward; Return Onto Right

(AS6) Slow Coaster Step Left, Scuff, Rock Recover Right, Step Turn 1/4 Right, Hold

1-2 Step Left Back; Step Right Beside Left
3-4 Step Left Forward; Scuff Right Beside Left
5-6 Rock Right Forward; Return Onto Left
7-8 Turn 1/4 Right & Step Right to Right Side; Hold

(AS7) Touch Toe Left, Touch Toe Right, Heel, Slap, Heel, Heel

1-2 Touch Left Toe Behind Right (repeat Twice)
3-4 Jumping Left to Left Side & Touch Right Toe Behind Left (repeat Twice)
5-6 Heel Right Forward; Flick Right To Right Side & Slap With Right Hand
7-8 Heel Right Forward (repeat Twice)

(AS8) Rock Recover Back Right, Pivot Twice 1/2 Left, Stomp Right, Stomp Left

1-2 Jumping Rock Back Right; Return Onto Left
3-4 Step Right Forward; Turn 1/2 Left
5-6 Step Right Forward; Turn 1/2 Left
7-8 Stomp Right to Right Side; Stomp Left to Left Side

PART B: 64 counts

(BS1) Jumping Jazz Box Turn 1/2 Left, Jumping Jazz Box Turn 1/2 Left

1-2 Turn 1/4 Left & Cross Right Over Left; Turn 1/4 Left & Kick Right Forward
3-4 Kick left Forward; Turn 1/4 Left & Cross Left Over Right
5-6 Turn 1/4 Left & Kick Left Forward; Kick Right Forward
7-8 Cross Right Over Left; Kick Right Forward

(BS2) Cross Recover Right (twice), Rock Recover Back, Stomp Right, Stomp Left

1-2 Cross Right Over Left; Return Onto Left
3-4 Cross Right Over Left; Return Onto Left
5-6 Rock Right Back; Return Onto Left
7-8 Stomp Right; Stomp Left Beside Right

(all in Jump)

(BS3) Out Right; Out Left; In Right; In Left; Step Turn 1/4 Left, Stomp Up, Step Turn 1/4 Left, Stomp

1-2 Step Right Diagonally Forward; Step Left Diagonally Forward
3-4 Step Right Diagonally Back; Step Left Diagonally Back
5-6 Step Right Turn 1/4 Left; Stomp Up Left Beside Right
7-8 Step Left Turn 1/4 Left; Stomp Right Beside Left

(BS4) Wild Swivel (repeat twice)

1-2 Swivel Right Toe To Right Side; Swivel Left Toe To Right Side
3-4 Swivel Right Heel To Right Side; Swivel Left Heel to Right Side
5-6 Swivel Right Toe To Right Side; Swivel Left Toe To Right Side
7-8 Swivel Right Heel To Right Side; Swivel Left Heel to Right Side

(BS5) Slow Coaster Step Turn 1/4 Left, Scuff, Step, Lock, Rock Recover

1-2 Turn 1/4 Left & Step Right Back; Step Left Beside Right
3-4 Step Right Forward; Scuff Left Beside Right
5-6 Step Left Forward; Lock Right Behind Left
7-8 Rock Left Forward; Return Onto Right

(BS6) Slow Coaster Step Left, Scuff, Rock Recover Right, Step Turn 1/4 Right, Hold

1-2 Step Left Back; Step Right Beside Left
3-4 Step Left Forward; Scuff Right Beside Left

5-6 Rock Right Forward; Return Onto Left
7-8 Turn 1/4 Right & Step Right to Right Side; Hold
*** In Final change step 8 in BS6 (Touch Left Behind Right) & Stomp Left Forward**

(BS7) Touch Toe Left, Touch Toe Right, Heel, Slap, Heel, Heel

1-2 Touch Left Toe Behind Right (repeat Twice)
3-4 Jumping Left to Left Side & Touch Right Toe Behind Left (repeat Twice)
5-6 Heel Right Forward; Flick Right To Right Side & Slap With Right Hand
7-8 Heel Right Forward (repeat Twice)

(BS8) Rock Recover Back Right, Pivot Twice 1/2 Left, Stomp Right, Stomp Left

1-2 Jumping Rock Back Right; Return Onto Left
3-4 Step Right Forward; Turn 1/2 Left
5-6 Step Right Forward; Turn 1/2 Left
7-8 Stomp Right to Right Side; Stomp Left to Left Side

TAG

(TS1) Stomp Right to Right Side, Hold, Stomp Left to Left Side, Hold

1-2 Stomp Right to Right Side; Hold
3-4 Hold, Hold
5-6 Stomp Left to Left Side, Hold
7-8 Hold, Hold

(TS2) Stomp Right to Right Side, Hold, Stomp Left to Left Side, Hold

1-2 Stomp Right to Right Side; Hold
3-4 Hold, Hold
5-6 Stomp Left to Left Side, Hold
7-8 Hold, Hold

RESTART: 4° wall after 16 counts (AS2 - change)

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