

Green Light Go (Get Dat)

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver - Straight rhythm
編舞者: Lisa McCammon (USA) - February 2019
音樂: Get Dat - Rayelle : (Single)



#32 count intro - Clockwise rotation; start weight on L

NO TAGS OR RESTARTS

HEEL GRIND, COASTER STEP, HEEL GRIND LEFT ¼, COASTER STEP

1-2 Cross R heel over L, step back L whilst fanning R toes to right
3&4 Step back R, close L, step forward R
5-6 Cross L heel over R, turn left ¼ [9] stepping back R whilst fanning L toes to left
7&8 Step back L, close R, step forward L

(Option omitting heel grinds: touch R heel forward twice for 1-2; cross step L for count 5 and don't fan toes when turning.)

PLACE, HOLD-BALL-PLACE, HOLD-BALL-STEP, TURN LEFT ¼, CROSS-&-CROSS

1-2 Place R foot slightly forward (no weight), HOLD
& Step R home
3-4 Place L foot slightly forward (no weight), HOLD
&5-6 Step L home, step forward R, turn left ¼ [6]
7&8 Cross R, step L to side, cross R

SIDE, TOUCH, SIDE, HOLD-BALL-ROCK, RECOVER, BEHIND-TURN-STEP

1-2 Step L to side, touch R home
3-4 Step R to side, HOLD
&5-6 Close L, rock R to side, recover L
7&8 Step R behind, turn left ¼ [3] stepping forward L, step forward R

ROCK, RECOVER, BACK-TOUCH-&-BUMP, BACK-TOUCH-&-BUMP, L COASTER STEP

1-2 Rock forward L, recover R
&3&4 Step back L, touch R home, bump R hip up-down (weight L)
&5&6 Step back R, touch L home, bump L hip up-down (weight R)
7&8 Step back L, close R, step forward L

(Easier option 3-6: back L, touch R, back R, touch L)

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