

Get Down Tonight

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Sofia (NL) & DJ Dan (NL) - April 2019
音樂: Get Down Tonight - KC and the Sunshine Band : (CD: Pop Masters - iTunes - 3:13)



Intro: start on vocals (17 secs)

STEP FORWARD x 2, SWIVEL LEFT-RIGHT, SWIVEL 1/2 TURN RIGHT, CHASSE, CROSS ROCK, STEP LEFT SIDE

1-2-3 & 4 Step fwd Right, Step fwd Left, Swivel to left side, Swivel back to centre, Swivel ½ turn right [6]
5&6 Step Right to right side, Step Left next to Right, Step Right to right side
7&8 Rock Left across Right, Recover onto Right, Step Left to left side

CROSS ROCK, STEP RIGHT SIDE, CROSS ROCK, STEP LEFT SIDE, BEHIND-SIDE-CROSS, 1/4 TURN RIGHT x 2, CROSS

1&2 Rock Right behind Left, Recover onto Left, Step Right to right side,
3&4 Rock Left behind Right, Recover onto Right, Step Left to left side
5&6 Cross Right behind Left, Step Left to left side, Cross Right over Left
7&8 Make a ¼ turn right step back Left [9], Make a ¼ turn right step Right to right side [12], Cross Left over Right

CHASSE, CROSS ROCK, 1/4 TURN RIGHT, LOCKSTEP BACK, TOUCH BACK, 1/2 TURN LEFT

1&2 Step Right to right side, Step Left next to Right, Step Right to right side
3&4 Rock Left behind Right, Recover onto Right, Make a ¼ turn right step back left [3]
5&6 Step back Right, Lock Left over Right, Step back Right
7-8 Touch left Toe behind, Make a ½ turn left [9]

KICK BALL STEP x 2, 3 x HEEL BOUNCE 1/2 TURN RIGHT, SIDE ROCK, TOUCH TOE

1&2 Kick Right forward, Step Right on ball next to Left, Step forward Left
3&4 Kick Right forward, Step Right on ball next to Left, Step forward Left
5&6 3 heel bounces making ½ turn right [3]
7&8 Rock Right to right side, Recover onto Left, Touch Right next to Left

ROLLING VINE RIGHT WITH CLAP, ROLLING VINE LEFT WITH CLAP

1-2-3-4 Make a ¼ turn right step forward Right [6], Make a ½ turn right step back Left [12], Make a ¼ turn right step Right to right side [3], Touch left Toe beside Right with clap
5-6-7-8 Make a ¼ turn left step forward Left [12], Make a ½ turn left step back Right [6], Make a ¼ turn left step Left to left side [3], Touch right Toe beside Left with clap

STEP FWD R, HITCH, STEP BACK, TOUCH BACK, STEP FWD R, STEP FWD L, HITCH, STEP BACK, TOUCH BACK, STEP FWD L

1-2 & 3-4 Step forward Right, Hitch Left, Step back Left, Touch right Toe behind, Step forward Right
5-6 & 7-8 Step forward Left, Hitch Right, Step back Right, Touch left Toe behind, Step forward Left

STEP FORWARD, PIVOT 1/4 TURN LEFT, HITCH, 1/4 TURN LEFT WITH POINT, HITCH, 1/4 TURN LEFT WITH POINT, CROSS, POINT LEFT SIDE, HITCH, 1/4 TURN RIGHT WITH POINT, HITCH, 1/4 TURN RIGHT WITH POINT

1-2 & 3 & 4 Step forward Right, Pivot ¼ turn left [12], Hitch Right, Make a ¼ turn left point right Toe out [9], Hitch Right, Make a ¼ turn left point right Toe out [6]
5-6 & 7 & 8 Cross Right over Left, point left Toe out, Hitch Left, Make a ¼ turn right point left Toe out [9], Hitch Left, Make a ¼ turn right point left Toe out [12]

CROSS, STEP BACK, SHUFFLE 1/2 TURN LEFT, STEP FORWARD, KICK BALL POINT, HITCH

1-2-3&4 Cross Left over Right, Step back Right, Shuffle ½ turn left stepping Left,Right,Left [6]

5-6 & 7-8 Step forward Right, Kick Left forward, Step Left on ball next to Right, Point right Toe behind,
Hitch Right click fingers

Ending : On the last wall dance up to count 63 (Point right Toe behind), then make a ½ turn right (12)

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