

The Git Up

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 1
編舞者: Molly Yeoh (MY) - June 2019
音樂: The Git Up - Blanco Brown

級數: Easy Intermediate



Intro: 32 counts to start

****Tag (16 X 2) one time only**

SEQUENCE: 64 (3 set) , 32, TAG(2 set), 32

(1 to 8) CHARLESTON, STEP BACK, SIDE STEPS, SPIRAL TURN

1 2 3 4 Step R fwd, (weight on L), step R back, step L behind R, step R beside L (weight on R)
5 6 7 8 Lift up L and step down, R cross over L (weight on both legs), spiral L turn to 12 o'clock (7,8)

(9-16) 4 SIDE KICKS, ON HEELS, CHEST PUMP

1&2&3&4& R kick to R recover, L kick to L recover (repeat R and L)
5 6 7 8 Stand on both heels (5,6), chess pump (7,8)

(17-24) SIDE STEP, SHOULDER ROLL, R SIDE STEP, TAKE A SIP (HAND MOVEMENT, DRINKING)

1 2,3 4 L step to L, R step beside L, shoulder roll to L side, R touch beside L
5 6, 7 8 R step to R, L step touch beside R, L hand take a sip, R hand on hip

(25-32) SHUFFLE FORWARD, PIVOT TURN (REPEAT)

1&2, 3 4 L shuffle fwd, LRL, R step fwd, ½ L turn, L step fwd
5&6, 7 8 R shuffle fwd RLR, L step fwd ½ R turn, R step fwd

***At 4th round, closed R foot beside L, then do Tag 16 (2 set)**

(33-40) SIDE TOGETHER, LEFT SHUFFLE, ROLLING VINE TO RIGHT (CLAP)

1 2, 3&4 L step to L, R followed, cha cha LRL to L
5 6 7 8 R ¼ turn R step fwd, L ¼ turn step beside R, R ½ turn step to side, L step beside R

(41-48) SIDE TOGETHER, LEFT SHUFFLE (REPEAT RIGHT SIDE)

1 2, 3&4 L step to L, R followed, cha cha LRL to L
5 6, 7&8 Step R to R, L followed, cha cha RLR to R

(49-56) SHIMMY TO LEFT THEN RIGHT, SLIDE TO LEFT THEN RIGHT

1 2,3 4 Shimmy shoulder to L, shimmy shoulder to R (3,4)
5 6 7 8 L Slide to L side, R touch beside L, slide to right side, L touch beside R (7,8)

(57- 64) SHUFFLE FULL CIRCLE, TWO STEP FORWARD

1&2, 3&4 L turn, shuffle or cha cha in circle LRL, RLR
5&6, 7&8 Continue LRL, step R fwd, step L fwd

Note: (33 – 64) Variety of hands actions will bring justice to the song! Feel free, TQ

****TAG: 16 COUNT**

(1 to 8) SHUFFLE FORWARD, STEP TOUCHES

1&2, 3 4 R cha cha RLR fwd, L step fwd, R touch to R,
5 6, 7 8 R step behind L, L touch to L, L step behind R, R touch to R

(9 to 16) FRONT, BACK, RIGHT AND LEFT MAMBO

1&2, 3&4 R rock fwd recover on L, R step beside L, L rock back recover on R, L step beside R
5&6, 7&8 R rock to R recover on L, R step beside L, L rock to L recover R, L step beside R

Hope you enjoy this dance! Thank you so much!

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