

Get up, Get up, Get busy

COPPER KNOB
BY STEPHEN T. C.

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mark Furnell (UK) & Chris Godden (UK) - September 2019
音樂: Get Up (Before the Night Is Over) - Technotronic



INTRO: 32 Counts

S1: OUT, OUT, BACK TOGETHER, BACK, BACK, SHUFFLE BACK

1-2 Step Right Diagonally Forward, Step Left to Left Side
3-4 Step Right back in place, Step Left next to Right.
5-6 Step Back Right, Step Back Left
7&8 Step back on Right. Close Left to Right, Step Back Right

S2: OUT, OUT BACK TOGETHER, WALK, WALK, SHUFFLE FWD

1-2 Step Left Diagonally Forward, Step Right to Right Side
3-4 Step Left back in place, Step Right next to Left
5-6 Walk Forward Left, Right
7&8 Step forward Left, Close Right to Left, Step Forward Left

S3: STEP PIVOT 1/2, STEP PIVOT 1/4, JAZZ BOX CROSS

1-2 Step Forward Right, Pivot 1/2 turn left onto Left,
3-4 Step Forward Right, Pivot 1/4 turn Left onto Left
5-6 Cross Right over Left, Step back on Left
7-8 Step Right to Right, Cross Left over Right

S4: SIDE HOLD, CLOSE SIDE TOUCH. GRAPEVINE, TOUCH.

1-2 Step Right to Right Side, Hold
&3-4 Close Left to Right, Step Right to Right, Touch Left behind right. (Look to the right)
5-6 Step Left to Left, Step Right Behind Left
7-8 Step Left to Left. Touch Right to Left

Optional Rolling vine on Section 4 counts 5-8

Happy Dancing
