

Get Up Offa That Thing

拍數: 32 牆數: 4 級數: Intermediate - Funky
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音樂: Get Up Offa That Thing - James Brown : (Album: Robot Soundtrack)



Intro: Dance starts after James Brown yell (4 counts)

Kick, close, knee points, close (repeat on L), foot in, out, in, out, in while travelling to right side

1 RF Kick forward
& RF Close next to LF
2 Push both knees out
& Knees back
3 LF Kick forward
& LF Close next to RF
4 Push both knees out
5 R heel out and L toes in
6 L heel in and R toes out
7 R heel out and L toes in
& L heel in and R toes out
8 R heel out and L toes in

Step with knee actions and hitch, running man steps

1 RF Step to side and bend your knees and push them to the outside
& Knees back in place
2 LF Hitch
3 LF Step to side and bend your knees and push them to the outside
& Knees back in place
4 RF Hitch
5 Jump (RF forward and LF back)
& Jump (RF in the middle and hitch L)
6 Jump (LF forward and RF back)
& Jump (LF in the middle and hitch R)
7 Jump (RF forward and LF back)
& Jump (RF in the middle and hitch L)
8 Jump (LF forward and RF back)
& Jump (LF in the middle and hitch R)

Step, heel, Step, heel, weight changes while stomping a ¼ turn left

1 RF Step to right side
2 LF Heel to left side and push hip back
3 LF Step to left side
4 RF Heel to right side and push hip back
5 RF Stomp to right side
& LF Recover weight
6 RF 1/8 turn left and stomp to right side
& LF Recover weight
7 RF Stomp to right side
& LF Recover weight
8 RF 1/8 turn left and stomp to right side

Toe, heel, toe, heel toe, Drag RF, camel walk

- & LF Toe out
- 1 LF Heel out
- & LF Toe out
- 2 LF Heel out
- & LF Toe out
- 3 RF Start dragging towards LF
- 4 RF Finish dragging RF (weight stays on LF)
- 5 RF Step a small step forward, popping left knee forward
- 6 LF Step a small step forward, popping right knee forward
- 7 RF Step a small step forward, popping left knee forward
- 8 LF Step a small step forward, popping right knee forward

Start again

Tag in the 9th wall after 16 counts

- 1 Look back (turn head over right shoulder)
- 2 Look forward

Tag comes back after the 10th wall

HAVE FUN
