

Git Up!

COPPER **NOB**
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Melissa Lau (NZ) - April 2020
音樂: The Git Up - Blanco Brown



Dance begins after 32 counts

LEFT VINE, HITCH, RIGHT VINE, HITCH

1, 2, 3, 4 Step L to side, step R behind L, step L to side, hitch R knee (12:00)
5, 6, 7, 8 Step R to side, step L behind R, step R to side, hitch L knee

FWD, TOUCH, BACK, HEEL, 2x HIP ROLLS

1, 2, 3, 4 Step L fwd, tap R toes beside L, step R back, tap L heel fwd
5, 6, 7, 8 Step down on L pushing left hip fwd, transfer weight onto R pushing left hip back in a circular action counter-clockwise (x 2)

DIAGONAL FWD, SLIDE, DIAGONAL FWD, KNEE POP & HITCH (x 2)

1, 2, 3, 4 Step L diagonal fwd, drag R to L, step L diagonal fwd, pop L knee hitching R behind L
5, 6, 7, 8 Step R diagonal fwd, drag L to R, step R diagonal fwd, pop R knee hitching L behind R

2x TRIPLE-STEP BACK, BACK PADDLE ½ LEFT

1&2 Triple step back L-R-L
3&4 Triple step back R-L-R
5, 6 Push off on L pivoting ¼ left on R, push off on L pivoting ¼ left on R
7, 8 Push off on L pivoting ¼ left on R, push off on L pivoting ¼ left on R (6:00)

BALL-EXTENDED WEAVE, HEEL TAPS (x 2)

&1&2 Step back on ball of L, cross R over L, step L to side, step R behind L,
&3, 4 Step L to side, tap R heel fwd twice with body facing diagonally
&5&6 Step back on ball of R, cross L over R, step R to side, step L behind R,
&7, 8 Step R to side, tap L heel fwd twice with body facing diagonally

BALL-CROSS, HEEL BOUNCES, SWEEP BEHIND-SIDE-CROSS, POINT, CROSS, POINT

&1, 2, 3 Step back on ball of L, cross R over L, lift and lower L & R heels turning 3/8 left, lift and lower L & R heels turning 3/8 left (9:00)
4&5 Sweep L behind R, step R to side, cross L over R
6, 7, 8 Point R to side, cross R over L, point L to side

MODIFIED JAZZ, ¼ LEFT PADDLE, CROSS, POINT, MODIFIED JAZZ

1, 2& Cross L over R, step back on R, slide L back next to R
3, 4 Step R fwd, pivot ¼ left transferring weight to L (6:00)
5, 6 Cross R over L, point L to side
7, 8& Cross L over R, step back on R, slide L back next to R

FWD KICK, SIDE KICK, SAILOR STEP, FWD KICK, SIDE KICK, SAILOR POINT

1, 2, 3&4 Kick R fwd, kick R to side, cross R behind L, step L to side, step R to side
5, 6, 7&8 Kick L fwd, kick L to side, cross L behind R, step R to side, point L to side

* ENDING: after 28 counts, instead of BACK PADDLE ½ LEFT,

BACK PADDLE FULL CIRCLE LEFT to finish at the front

1, 2 Push off on L pivoting ¼ left on R, push off on L pivoting ¼ left on R
3, 4 Push off on L pivoting ¼ left on R, push off on L pivoting ¼ left on R

Last Update - 20 July 2020

