

# Get It From The Main Vine

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Absolute Beginner  
編舞者: Ruth Ann Strickland (USA) - September 2020  
音樂: Come and Get Your Love (Gavin Moss Remix) - Redbone



**Intro: 8 counts**

**Alt. Music: Young Blood (Bad Company--1976) 8 counts (2:38)**

## **Section 1 (2 STEP SCUFFS, JAZZ BOX 1/4 TURN RIGHT)**

1-2            Step Right foot forward, Scuff L  
3-4            Step Left foot forward, Scuff R  
5-8            Step R across L, Step L back, Make a 1/4 turn right & step R to right; Step L together

## **Section 2 (2 HEEL HOOKS)**

1-4            Touch R heel forward, Hook R heel across L ankle, Touch R heel forward, Close R foot beside L  
5-8            Touch L heel forward, Hook L heel across R ankle, Touch L heel forward, Close L foot beside R

## **Section 3 (2 STEP SCUFFS, JAZZ BOX 1/4 TURN RIGHT)**

1-2            Step Right foot forward, Scuff L  
3-4            Step Left foot forward, Scuff R  
5-8            Step R across L, Step L back, Make a 1/4 turn right & step R to right; Step L together

## **Section 4 (2 TOE STRUTS FORWARD, 4 HIP BUMPS—2 R, 2L)**

1-2            Touch Right toe forward, drop right heel as you put weight onto right foot  
3-4            Touch Left toe forward, drop left heel as you put weight onto left foot  
5-8            Stepping to R side (with weight on R foot), bump hips twice to the right; swaying to the L side (with weight on L foot), bump hips twice to the Left

**No Tag or Restart**

**I hope you enjoy!**

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