

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!

Contact: strckindra@gmail.com
