

# Just Get Up Get Down

**COPPER** **KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Kids C  
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音樂: Get Up (Before the Night Is Over) - Technotronic



## WALK FORWARD, OUT OUT IN IN

1-4      Step forward R L R F  
5-6      Step R diagonal R, step L diagonal L  
7-8      Step R backwards, step L beside R

## STEP TOUCH X2, ¼ TURN R SIDE STEPS

1-2      Step R diagonal backwards, touch L beside R  
3-4      Step L diagonal backwards, touch R beside L  
5-8      Turn ¼ R and step R to R, step L together, step R to R, step L together

## TOUCH TOGETHER X2

1-4      Touch R to R, touch R beside L, touch R to R, step R beside L  
5-8      Touch L to L, touch L beside R, touch L to L, step L beside R

## STEP HITCH X4

1-4      Step R, hitch L, step L, hitch R  
5-8      Repeat 1-4

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