

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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