

# Get Up And Swing

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: High Beginner  
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音樂: Ain't Nobody Here But Us Chickens - The Jive Aces



Intro: 48 counts

## S. 1 Two Diagonal Forward Lock Steps and Forward Brush.

1 2      Step R Forward Right Diagonal, Step L Lock  
3 4      Step R Forward, Step L Brush Forward  
5 6      Step L Forward Left Diagonal, Step R Lock  
7 8      Step L Forward, Step R Brush Forward

## S. 2 Half Left Turn Pivot and three times Forward Diagonal and Touch Together.

1 2      Step R Forward, 1/2 left turn pivot Step L Recover  
3 4      Step R Forward Right Diagonal, Step L Touch  
5 6      Step L Forward Left Diagonal, Step R Touch  
7 8      Step R Forward Right Diagonal, Step L Touch

## S. 3 Forward Mambo and Forward Kick, Coaster and Hold.

1 2      Step L Forward, Step R Recover  
3 4      Step L Back, Step R Forward Kick  
5 6      Step R Back, Step L Together  
7 8      Step R Forward, Hold

## S. 4. Quarter Right Turn Pivot, Cross Over and Hold, Twists and Hold.

1 2      Step L Forward, 1/4 Right Turn Pivot Step R Recover  
3 4      Step L Cross Over Right, Hold  
5 6      Twist Heels to Right, Twist Toes to Right  
7 8      Twist Heels to Right, Hold

(Restart here on Wall 1, 4 and 8)

## S. 5 Rumba Box.

1 2      Step R Side, Step L Together  
3 4      Step R Back, Hold  
5 6      Step L Side, Step R Together  
7 8      Step L Forward, Hold

## S.6 Forward and Hold, Forward Kick, 1/2 Left Turn Triple Step.

1 2      Step R Forward, Hold  
3 4      Step L Forward Kick Two Counts  
5 6      1/4 Left Turn Step L Slightly Side, Step R Together  
7 8      1/4 Left Turn Step L Slightly Side, Hold

Restart after 32 Counts on Wall 1 facing 9:00, on Wall 4 facing 12:00 and on Wall 8 facing 6:00

Ending on Wall 10 you do the first 24 Counts and add Step L Forward and 1/4 Turn Left Step R Side.

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