

Get Yourself Together

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: High Beginner
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音樂: Get Yourself Together - Ryan Sheridan : (CD : Americana)



#32 counts intro

S1 : SIDE, TOUCH, SIDE, TOUCH, VINE ¼ TURN R, SCUFF

- 1-2 Step Rf to right side – touch Lf next to Rf
- 3-4 Step Lf to left side – touch Rf next to Lf
- 5-6-7 Step Rf to side – cross Lf behind Rf – turn 1/4 right stepping Rf forward (3:00)
- 8 Scuff left heel

S2 : L ROCKING CHAIR, HEEL SWITCHES

- 1-2 Rock Lf forward – recover onto Rf
- 3-4 Rock Lf back – recover onto Rf
- 5-6 Touch left heel forward – close Lf next to Rf
- 7-8 Touch right heel forward – close Rf next to Lf

S3 : STEP L FWD, HEEL SWIVEL, HITCH, SLOW COASTER STEP

- 1 Step Lf forward, weight on both feet
- 2-3 Swivel both heels to left – swivel both heels to center, taking weight on Rf
- 4 Hitch left knee
- 5-6-7 Step back on ball of Lf – close Rf next to Lf – step Lf forward
- 8 Hold

S4 : STEP R FWD, BOUNCES ½ TURN L, STOMP L/R, R KNEE POP

- 1 Step Rf forward
- 2-3-4 Bounce both heels 3 times making 1/2 turn left, take weight on Rf on count 4 (9:00)
- 5-6 Stomp Lf out to left side – Stomp Rf out to right side
- 7-8 Swivel right knee in, right heel up and turned out to right – recover (keeping weight on Lf)

No tag, no restart!

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.