

Come and Get Your Love

COPPER KNOB
BY STEPHENETS

拍數: 36 牆數: 0 級數: Phrased Easy Improver
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音樂: Come and Get Your Love - Redbone



Intro : 16 counts

Sequence : A,A, A,A, B,B, C, A,A, A,A, B,B, C, A,A, B,B, C, A,A (until « Kick Ball Change » and restart), A
At the end of the last part A, have fun, sing and jump with your arms in the air when you hear "la la la la"

PART A (16 counts)

Section 1 - Dorothy Step Right Fwd, Dorothy Step Left Fwd, Cross Rock, Side, Cross Rock, Side

- 1-2& Step right foot diagonally right forward, Step left foot behind right foot, Step right foot diagonally right forward
- 3-4& Step left foot diagonally left forward, Step right foot behind left foot, Step left foot diagonally left forward
- 5&6 Cross right foot in front of the left foot, Transfer body weight of the left foot, Step right foot to the right side
- 7&8 Cross left foot in front of the right foot, Transfer body weight to the right foot, Step left foot to the left side

Section 2 – Step 1/4 turn, Kick Ball Change, Out Out, In In, Out Out, In In

- 1-2 Step right foot forward, 1/4 turn to the left
- 3&4 Kick right foot forward, & bring the sole of the right foot next to the left foot, Transfer body weight to the left foot

RESTART HERE

- &5 Jump right foot forward diagonally right, Jump left foot forward diagonally left
- &6 Jump right foot in the center, Jump left foot in the center
- &7 Jump right foot back diagonally right, Jump left foot back diagonally left
- &8 Jump right foot in the center, Jump left foot in the center

PART B (16 counts)

Section 1 - Step Right Fwd, Touch, Step Left Back, Touch, Step Right Back, Touch, Step Left Fwd, Touch

- 1-4 Step right foot diagonally forward right, Touch left foot next to the right foot, Step left foot diagonally back left, Touch right foot next to the left foot,
- 5-8 Step right foot diagonally back right, Step left foot next to the right foot, Step left foot diagonally forward left, Touch right foot next to the left foot

Section 2 – Step 1/4 Turn, Step 1/4 Turn, Jazz Box

- 1-4 Step right foot forward, 1/4 turn to the left, Step right foot forward, 1/4 turn to the left
- 5-8 Cross right foot in front of left foot, Step left foot back, Step right foot to the right side, Step left foot next to the left

PART C (4 counts)

Section 1 - Mambo Right Fwd, Mambo Left Back

- 1 & 2 Step right foot forward, Transfer body weight to the left foot, Step right foot next to the left foot
- 3&4 Step left foot back, transfer the body weight to the right foot, Step left foot next to the right foot

ENJOY AND HAVE FUN !!!!!