

# Get Moving (CBA4LDF)

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Phrased Easy Intermediate  
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音樂: Get Moving - Paper Kings



Intro: 8 Counts. Start at approx 4 secs

Sequence: A, A, B, B, Tag, A, A, B, B, A, B, B (Ending)

## Part A: 32c

### SEC 1: WALK WALK, ¼ SIDE, CROSS, ¼ STEP, STEP, PIVOT ½, BACK-LOCK-STEP ½ TURN

1-2            RF step forward, LF step forward  
&3-4          RF step to the R side with ¼ turn to the L, LF cross over RF, RF step forward with ¼ turn to the R (12:00)  
5-6            LF step forward, pivot with ½ turn to the R (6:00)  
7&8          LF step to the L side with ¼ turn to the R, RF cross over LF, LF step back with ¼ turn to the R (12:00)

### SEC 2: STOMP ¼ TURN, SIDE STOMP, RECOVER, BEHIND-SIDE-CROSS HEEL FWD X2, BEHIND-SIDE-STEP

&1-2          RF stomp next to LF with ¼ turn to the R, RF stomp to the R side, recover on LF (3:00)  
3&4          RF cross behind LF, LF step to the L side, RF cross over LF  
5-6            LF tap heel forward, LF tap heel forward  
7&8          LF cross behind RF, RF step to the side, LF step forward

### SEC 3: STEP, HEEL SWIVEL, RECOVER, HOOK, STEP-LOCK-STEP STEP, HEEL SWIVEL, RECOVER, HOOK, STEP-LOCK-STEP

1&2&          RF step forward, twist LF heel next to RF, LF step to the centre, RF hook  
3&4          RF step forward, LF cross behind RF, RF step forward  
5&6&          LF step forward, twist RF heel next to LF, RF step to the centre, LF hook  
7&8          LF step forward, RF cross behind LF, LF step forward

### SEC 4: STEP, MAMBO SWEEP, BACK SWEEP, SAILOR ¼ TURN, STEP, PIVOT ½ TURN

1-2&          RF step forward, LF rock forward, recover on RF  
3-4            LF step back with a R sweep back, RF step back with a L sweep back  
5&6            LF cross behind RF with ¼ turn to the L, RF step to the R side, LF step slightly forward (12:00)  
7-8            RF step forward, pivot ½ turn to the L (6:00)

## Part B: 32c

### SEC 1: STEP SWEEP, CROSS, MAMBO CROSS, SIDE ROCK, ¼ WEAVE

1-2            RF step forward with a L sweep forward, LF cross over RF  
3&4            RF side rock to the R side, recover on LF, RF cross over LF  
5-6            LF side rock to the L side, recover on RF  
7&8            LF cross behind RF, RF step forward with ¼ turn to the R, LF step forward (3:00)

### SEC 2: CHARLESTON STEP, STEP, PIVOT ½ TURN, STEP, PIVOT ¼ TURN

1-2            RF step forward, LF kick forward  
3-4            LF step back, RF touch back  
5-6            RF step forward, pivot with ½ turn to the L (9:00)  
7-8            RF step forward, pivot with ¼ turn to the L (6:00)

### SEC 3: BALL, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, SAILOR ¼ TURN

&1-2 RF step next to LF, LF side rock to the L, recover on RF  
3&4 LF cross over RF, RF step to the R side, LF cross over RF  
5-6 RF side rock, recover on LF  
7&8 RF cross behind LF with  $\frac{1}{4}$  turn to the R, LF step to the side, RF step slightly forward (9:00)

**SEC 4: CROSS, BACK  $\frac{1}{4}$  TURN, SIDE CHASSE, ROCK, OUT OUT, TOUCH**

1-2 LF cross over RF, RF step back with  $\frac{1}{4}$  turn to the L (6:00)  
3&4 LF step to the L side, RF step next to LF, LF step to the L side  
5-6 RF rock forward, recover on LF  
&7-8 RF step back out, LF step back out, RF touch next to LF

**Tag: 8c**

**ROCKING CHAIR, STEP, PIVOT  $\frac{1}{2}$  TURN, STEP, PIVOT  $\frac{1}{2}$  TURN**

1-2 RF rock forward, recover on LF  
3-4 RF back rock, recover on LF  
5-6 RF step fwd, pivot  $\frac{1}{2}$  turn to the L  
7-8 RF step fwd, pivot  $\frac{1}{2}$  turn to the L

**Ending Change the last section of Final Part B to the following**

**CROSS, BACK  $\frac{1}{4}$  TURN, SIDE CHASSE, STEP, PIVOT  $\frac{1}{2}$  TURN, OUT OUT, TOUCH**

1-2 LF cross over RF, RF step back with  $\frac{1}{4}$  turn to the L  
3&4 LF step to the L side, RF step next to LF, LF step to the L side  
5-6 RF step forward, pivot  $\frac{1}{2}$  turn to the L  
&7-8 RF step out, LF step out, RF touch next to LF

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