

# Get To Movin' Again

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Sandra Moschel (FR) - March 2024  
音樂: Get To Movin' Again - Brothers Osborne



## [1-8] Heel (R) fwd - Point (R) back - Shuffle fwd, Rock fwd - Coaster step

1-2      Front PD heel - Rear PD toe  
3&4      RF forward - LF next to RF - RF forward  
5-6      LF forward with support - Return support PD  
7&8      LF back - RF next to LF - LF forward

## [9-16] Point (R) fwd - Side Point - Coaster step, Point (L) fwd - Side Point - Coaster step

1-2      Point PD forward - Point PD right  
3&4      RF rear - LF next to RF - RF front  
5-6      Point LF forward - Point LF left  
7&8      LF back - RF next to LF - LF forward

## [17-24] Cross Rock (R) - Side Shuffle - Cross Rock (L) Side Shuffle 1/4 turn (L) \*\*\*

1-2      Cross RF in front of LF with support - Return support PG  
3&4      PD to the right - LF next to PD - PD to the right  
5-6      Cross LF in front of PD with support - Return support PD  
7&8      LF to left - RF next to LF - 1/4 turn to left - LF forward

## [25-32] Step (R) fwd - 1/2 turn (L) - Run x3 - Step (L) fwd 1/4 turn (R) - Shuffle fwd

1-2      PD forward - 1/2 turn left  
3&4      RF forward - LF forward - RF forward (run)  
5-6      LF forward - 1/4 turn to the right  
7&8      LF forward - RF next to LF - LF forward

**Restart: At the 3rd wall after the 1st section**

\*\*\* Option: At Cross Rock you can bend the back leg and touch the heel with the opposite hand

sandra.moschel@orange.fr