

Get Down (Chomping at the Bit)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Elizabeth Mooney (USA) & Kristin Clove (USA) - April 2024
音樂: Get Down - Nitty Gritty Gr & SB the Queen



No Tags or restarts

S1

1, 2 Walk forward RF walk forward LF
3&4 RF shuffle forward (get down with it)
5, 6 LF rock forward, recover RF
7&8 Coaster LF back RF together LF step forward

S2

1-2 Cross RF over LF unwind full turn
3&4 RF kick ball LF point side L
5, 6 switch point out RF side R,
& 7-8 step in RF step out LF (body roll or arm punches)

S3

1-2 slide L
3-4 Slide R
5-6 R heel jack, L heel jack
7&8 tap RF forward, kick RF accross LF 1/4 turn L, RF lands side right

S4

1-2 jump forward (get down)
3-4 jump back (get down)
5, 6, 7, 8 RF Paddle 4 times full turn over left shoulder.

Last Update: 13 Apr 2024
