

Get On Up

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: CountryDanceKris (USA) & Ryker (USA) - June 2024
音樂: Get On Up - Delyn Grey



#16 count intro - Restarts: 3

[1-8] Kick, step, triple step, rock recover, sweep 1/4 turn, triple step

1,2 Kick R (1), step back R (2)
3&4 Triple step back L (3&4)
5,6 Rock out R (5), recover L sweep back R & 1/4 turn R (3:00) (6)
7&8 Triple step back R (7&8)

[9-16] Rock recover, full turn, rock recover, cross & cross

1,2 Rock back L (1), recover R (2)
3,4 Full turn over R shoulder (3:00) (3,4)
5,6 Rock out L (5), recover R (6)
7&8 Cross LF in front of RF and lock L (7), step R keeping LF in front (&), step L (8)

[17-24] Step, 1/4 pivot, triple step, rock recover, coaster step

1,2 Step out r (1), 1/4 pivot turn L (12:00) (2)
3&4 Triple step R (3&4)
5,6 Rock L (5), recover R (6)
7&8 Coaster step L, R, L (7&8)

[25-32] 1/4 turn shake, 1/2 turn shake, slide, claps

1,2 1/4 turn in front L on RF (9:00) (1), shake (2)
3,4 1/2 turn behind L on LF (3:00) (3), shake (4)
5,6 Slide R (5,6)
7,8 Clap x2 (7,8)

Restart 1 - Wall 2 after slide R

Restart 2 - Wall 5 after slide R

Restart 3 - Wall 9 after first full 8 count

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