

You Betta Get It

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Scott Blevins (USA) - April 2024
音樂: Get It (clean version) - Big Boss Vette : (Album:: Resilience)



#16 count intro

[1 - 8] PRESS, ¼ BACK, ½ FORWARD, FORWARD, ¼ HIP CIRCLE, BUMP, HIP CIRCLE, BUMP

- 1-2 1) Press R to right; 2) Turn ¼ right taking weight on L [3:00]
- 3-4 3) Turn ½ right stepping R forward; 4) Step L forward [9:00]
- 5 5) Step R forward circling hips anti-clockwise from back to front making ¼ turn left [6:00]
- 6 6) Touch L forward toward left diagonal and bump to left
- 7 7) Circle hips clockwise from front to back taking weight on L
- 8 8) Touch R forward toward right diagonal and bump to right

[9 -16] BACK w/L KNEE LIFT, FORWARD, ¼ PADDLE, ¼ PADDLE, STEP/SHAKE IT BACK 4X

- 1-2 1) Step R back lifting L knee up leaning back; 2) Step L forward
- 3&4 3) Turn ¼ left stepping R to right pushing hip toward the floor; &) Transfer weight to L; 4) Repeat count 3 [12:00]
- 5-6 5) Small step L back; 6) Small step R back a shoulder width apart from L
- 7-8 7) Small step L back a shoulder width apart from R; 8) Small step R back a shoulder width apart from L at the same time you step back 5,6,7,8 shake hips fast side to side 5e&a6e&a7, kind of like a hip shimmy

[17-24] POINT 4X, BALL, POINT, ROLL, BALL, POINT, ROLL w/TOUCH

- 1&2& 1) Point L to left; &) Step L beside R; 2) Point R to right; &) Step R beside L
- 3&4 3) Point L to left; &) Step L beside R; 4) Point R to right
- &5-6 &) Step ball of R beside L; 5) Point L to left; 6) Leading with head roll body from right to left transferring weight to L
- &7-8 &) Step ball of R beside L; 7) Point L to left; 8) Leading with head roll body from right to left transferring weight to L - touching R beside L

[25-32] ¼ FWD, FWD, ½ PIVOT, FWD, MONTEREY, SIDE ROCK, RECOVER, CROSS, TAP

- 1-2 1) Turn ¼ right stepping R forward; 2) Step L forward [3:00]
- 3-4 3) Turn ½ right taking weight forward on R; 4) Step L forward [9:00]
- 5-6 5) Point R to right; 6) On the spot turn ½ right on L stepping R beside L [3:00]
- 7&8& 7) Rock L to left; &) Recover to R; 8) Step L across R; &) Tap R slightly to right

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