

Keep It Moving

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Scott Schrank (USA)
音樂: Get It Together - Seal



SKATE, SKATE, STEP TOGETHER STEP, SKATE, SKATE, STEP TOGETHER STEP

1-2 Right skater step, left skater step (move slightly forward)
3&4 Step right to right, step left next to right, step right to right
5-6 Left skater step, right skater step (move slightly forward)
7&8 Step left to left, step right next to left, step left to left

FULL TURN RIGHT, TAPS, KICK BALL CROSS, STEP BALL CROSS

9-10 Starting on right, make full turn to right, (spin on the left foot) (right-left)
11&12 Leaning to the right, tap right toe three times (weight is now on the right foot)
13&14 Kick left foot across right, left back next to right, cross right over left
15&16 Step left to left, step right slightly behind left, cross left over right

LUNGE, PUSH, SYNCOPATED GRAPEVINE LEFT, ROCK RECOVER, 1 ¼ TURN RIGHT

17-18 Step out to the right while leaning to the right, change weight to left and push and point right to right
19&20 Step right behind left, step left to left, step right across left
21-22 Rock left to left, step out ¼ turn to the right
23&24 Make full turn to the right (3:00) left-right-left

ROCK, RECOVER, COASTER STEP, PIVOT RIGHT, SYNCOPATED WEAVE LEFT

25-26 Rock forward right, recover left
27&28 Step back right, step back left to right, step forward right
29-30 Step forward left, pivot ½ turn right leaving weight on right
31&32& Step left foot left, step right behind left, step left to left, step right over left

LOOK LEFT, HOLD, GRAPEVINE LEFT, ROCK, RECOVER, GRAPEVINE RIGHT

33-34 Step left to left, hold (exaggerate look to left)
35&36 Step right behind left, step left to left, step right over left
37-38 Rock left to left and slightly forward, recover to right
39&40 Step left behind right, step right to right, step left over right

LOOK RIGHT, HOLD, GRAPEVINE RIGHT, ROCK RECOVER, GRAPEVINE LEFT

41-42 Step right to right, hold (exaggerate look to right)
43&44 Step left behind right, step right to right, step left over right
45-46 Rock right to right and slightly forward, recover to left
47&48 Step right behind left, step left to left, step right slightly forward

ROCK RECOVER, ½ TURN TRIPLE STEP, POINT, HOLD, POINT, HOME TAP

49-50 Rock forward left, recover right
51&52 Step left-right-left while making half turn left
53-54 Point right toe right, hold
&55&56 Bring right foot home, point left toe left, bring left foot home, tap right toe next to left foot

WALK, WALK, MAMBO STEP, BACK, BACK COASTER STEP

57-58 Walk forward right, walk forward left
59&60 Rock forward right, recovery weight to left, step right foot next to left (right-left-right)

61-62 Step back left, step back right
63&64 Step left foot back left, step right foot next to left, step left foot forward

REPEAT

RESTART

After 1st wall only

1-12 Repeat first 12 counts of dance
13-14 Step left to left, hold
15&16 Body roll or hold

RESTART

After 3rd wall only

1-54 Repeat first 54 counts of dance (on count 53, point the index finger of both hands forward)
55-56 Slowly bring the right foot next to left while lowering both arms
