

Let's Get It Started

COPPER **KNOB**
BY STEPHENETS

拍數: 0 牆數: 2 級數:
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音樂: Let's Get It Started - Black Eyed Peas



Sequence: A B A B C B A BB

With influences and suggestions by Scott Blevins, Brian Barakauskas, John H. Robinson, Johnny Two Step, Natalie Mundy, Bridget Finch, Carrie with a C, and Kari with a K

SECTION A

ROCK/RECOVER CROSS (TWICE), ROCK/RECOVER HITCH WITH ¼ TURN, COASTER

1&2 Rock left to left, recover to right, cross left over right
3&4 Rock right to right, recover to left, cross right over left
5&6 Rock left to left, recover to right, hitch left leg up with a ¼ turn to the left
7&8 Step left back, step together with right, step forward on left

SCUFF, HITCH, STEP, HEEL POPS, SCUFF CROSS TOUCH

1&2 Scuff right forward, hitch right up, step down forward on right
&3&4 Raise both heels, put heels down, raise left heel, put left heel down while raising right heel up
5-6-7 Put right heel down while raising left heel up, put left heel down while raising right heel up, put right heel down while raising left heel up
&8 Scuff left forward, touch left across right

WALK BACK(TWICE), COASTER TOUCH, SWITCH TOUCH(TWICE), ¼ BODY ROLL, STEP TOGETHER

1-2 Step back on left, step back on right
3&4 Step back on left, step together with right, touch left out to left side
&5&6 Step left into right, touch right to right side, step right into left touch left to left side
7-8 Step down on left while rolling body a ¼ turn to left, drag right in to left ending with weight even

TOE HEEL WALKS TO SIDE, BODY ROLL (TWICE)

1&2 With weight on right heel and left toes swivel right toes and left heel to left, with weight on left heel and right toes swivel left toes and right heel to left, with weight on right heel and left toes swivel right toes and left heel to center (traveling to left)
3-4 Body roll
5&6 With weight on left heel and right toes swivel left toes and right heel to right, with weight on right heel and left toes swivel right toes and left heel to right, with weight on left heel and right toes swivel left toes and right heel to center, (traveling to right)
7-8 Body roll

KICK BALL STEP WITH ¼ TURN, WEAVE WITH ¼ TURN, STEP OUT, TOES IN, ½ TURN SAILOR

1&2 Kick right forward, step down on right, step forward on left making a ¼ turn to right
3&4 Step right behind left while making a ¼ turn to right, step left to left side, cross right in front of left
5-6 Step left out to left side, bring toes in
7&8 Step right behind left while making a ¼ turn to right, step together with left, step forward on right

STEP AND HOLD WITH ¼ TURN (X4)

1-2 Step left forward making ¼ turn to right, hold
3-4 Step right back making ¼ turn to right, hold
5-6 Step left forward making ¼ turn to right, hold

7-8 Step right back making $\frac{1}{4}$ turn to right, hold

WALKS (X4), CROSS ROCK, RECOVER, TOUCH BEHIND, FULL TURN

1-2-3-4 Walk forward right, left, right, left

5&6 Cross rock right over left, recover back on left, step back on right

7-8 Touch left toe behind right, unwind full turn to the left

SECTION B

MONKEY WALKS, OLD SCHOOL ROCKS

1-2 Step forward on right with hands above head swaying hands to right, step forward on left with hands above the head swaying hands to left

3&4 Step right forward with hands above your head swaying hands to right, step left forward hands above your head swaying hands to left, touch right to right side with hands above your head swaying to right

5-6 Rock right out to right side, while moving hands in a jogging motion bringing left arm down and right arm up, recover back on left while moving hands in a jogging motion bringing right arm down and left arm up

Your body should be on an angle to the right

7&8 While making a $\frac{1}{4}$ turn to the left, step down on right, step together with left, step back on right, while rocking arms forward back forward

Feet should be shoulder with apart, right arm should be in the up position

THE ROBOT, CABBAGE PATCH

1 Standing with feet apart, arms bent at elbows, bend right arm down, left arm up, and tilt head to look to the right

2 Bend right arm up, bend left arm down, and tilt head to look forward

3-4 Repeat counts 1-2

5-6-7-8 While stepping in place right, left, right, left, make a half turn to the right, while making a circle to the right with your hands in front of you (like you are stirring a big pot)

CROSS HAND SLAP, RUNNING MAN, SPRINKLER, TOUCH TOUCH DOWN

1-2 Cross hand above head, right over left, slap hips

&3&4 Hitch right leg up, step down on right while sliding left back, hitch left leg up, step down on left while sliding right back

5&6 While stepping in place right, left make a half turn to the right, with right hand on right side of neck and left arm out to left side (bring arms in, out, in)

7&8 Touch left shoulder with right hand, touch right shoulder with right hand, drop hands to side

PRINCESS WALKS, HIP SWINGS

1-2 Step right to right side while raising right arm in a circular motion from left to right above the head, touch left to right

3-4 Step left to left side while raising left arm in a circular motion from right to left above the head, touch right to left

5-6 Slightly jump ending with feet shoulder width apart, while pushing hips forward, push hips back

7-8 Push hips forward, push hips back

SECTION C

ROTATION TO THE LEFT

1-8 Run in a small circle to the left for $1\frac{1}{2}$ turns. You will end up facing the back wall
