

On Your Feet

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Scott Schrank (USA)
音樂: Get On Your Feet - Gloria Estefan



HITCH ¼ TURN RIGHT, COASTER STEP, MAMBO STEP

1-2 Hitch right foot to left knee. With knee up, make a ¼ turn to right
3&4 Bring right foot down and back from left foot, slide left foot next to right, step forward right
5&6 Step left foot to left, place right next to left with weight on right. Cross left foot over right
7&8 Step right foot to right, place left next to right with weight on left. Cross right foot over left.

HITCH ¼ TURN LEFT, COASTER STEP, MAMBO STEP

1-2 Hitch left foot to right knee. With knee up, make a ¼ turn to left
3&4 Bring left foot down and back from right foot, slide right foot next to left, step forward left
5&6 Step right foot to right, place left next to right with weight on left. Cross right foot over left
7&8 Step left foot to left, place right next to left with weight on right. Cross left foot over right

TURNING ¾ GRAPEVINE, COASTER STEP, ¼ TURN INTO QUICK GRAPEVINE

1-2 Step right with right, cross left behind right
3-4 Step out with right with a ¼ turn right, turn on ball of right foot ½ turn right
5&6 Step back right foot, place left next to right, step forward right
7&8& Step left out and ¼ turn right, step right behind left, step left, step right in front of left

SYNCOPATED TOE POINTS

1-2 Point left toe to left, hold
&3-4 With a slight hop right, cross left over right putting weight on left, point right toe to right, hold
&5-6 With a slight hop left, cross right over left putting weight on right, point left toe to left, bring left foot next to right
7-8 Point left toe left, bring left foot next to right

PIVOT TURN, ¾ CHA-CHA, TOE STEP, TOE STEP

1-2 Step forward left, pivot on balls of feet ½ turn to right
3&4 While stepping forward with the left, start turning to the left (left-right-left) making ¾ turn

Option:

3&4 Step left with ¼ turn to right, step right behind left, bring left next to right
5-6 Touch right toe to floor, step right foot down (weight is on right)
7-8 Touch left toe to floor, step left foot down (weight is on left)

LOCK SHUFFLE BACK, LOCK SHUFFLE BACK, FULL TURN FORWARD

1&2 Step right foot back, cross and lock left foot in front of right, step right foot back
3&4 Step left foot back, cross and lock right foot in front of left, step left foot back
5-6 Step forward right, pivot ½ turn to right on right foot changing weight to left
7-8 Pivot ½ turn on left foot, changing weight to right, stomp left foot next to right

REPEAT

If using the music James Dean, there are four extra beats after the third wall is complete. A 4-count "Body Roll" works to get back into the phrasing.