

Get It Together

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Carolyn Buntrock (USA)
音樂: Be Bop a Lula - Scooter Lee



ROCK FORWARD, ROCK BACK

- 1 Rock forward on right foot
- 2 Step back on left foot
- 3 Rock back on right foot
- 4 Step forward on left foot

STEP, TOUCH, STEP, TOUCH

- 5 Step to right with right foot
- 6 Touch left foot beside right instep
- 7 Step to left with left foot
- 8 Touch right foot beside left instep

GRAPEVINE RIGHT, HITCH, ¼ TURN TO RIGHT

- 9 Step right foot to right side
- 10 Step/cross left foot behind right foot
- 11 Step right foot to right side
- 12 ¼ turn to right, hitch left foot

GRAPEVINE LEFT

- 13 Step left foot to left side
- 14 Step/cross right foot behind left foot
- 15 Step left foot to left side
- 16 Brush right foot beside left

WALK BACK

- 17 Step back on right foot
- 18 Step back on left foot
- 19 Step back on right foot
- 20 Close left foot beside right foot

SWIVELS-LEFT

- 21 Swivel heels left
- 22 Swivel toes left
- 23 Swivel heels left
- 24 Swivel toes left

DIAGONAL STEP SLIDES-FORWARD RIGHT

- 25 Step right foot forward diagonally to right
- 26 Drag left foot to meet right foot
- 27 Step right foot forward diagonally to right
- 28 Drag left foot to meet right foot

DIAGONAL STEP SLIDES-BACK LEFT

- 29 Step left foot back diagonally to left
- 30 Drag right foot to meet left foot
- 31 Step left foot back diagonally to left

32 Drag right foot to meet left foot

SWIVELS-RIGHT

33 Swivel heels right

34 Swivel toes right

35 Swivel heels right

36 Swivel toes right

STEP, PIVOT, STEP, PIVOT

37 Step forward on right foot

38 Pivot ½ turn to left

39 Step forward on right foot

40 Pivot ½ turn to left

GRAPEVINE RIGHT

41 Step right foot to right side

42 Step/cross left foot behind right foot

43 Step right foot to right side

44 Close left foot beside right foot; transfer weight to left foot

JAZZ BOX

45 Step right foot across in front of left foot

46 Step back on left foot

47 Step right foot back right

48 Close left foot beside right

REPEAT
