

# Get It Up 2000

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Max Perry (USA)  
音樂: Get It Up - Ronnie Milsap



This dance along with several others were choreographed for the Dance Round-up in Minneapolis for Dean & Mary Faast of "Faast Country". The rules for the choreographers were that the music had to be a country song made before 1989, which this song was (1979) and the dance had to have the "2000" in the title. This was fun!

## **KICK, CROSS, TOUCH, KICK CROSS, TOUCH, CROSS, SIDE, SAILOR SHUFFLE WITH ¼ TURN RIGHT**

- 1&2      Kick right forward, cross step right over left, touch left toe to left side
- 3&4      Kick left forward, cross step left over right, touch right to right side
- 5-6      Cross step right over left, step left to left side
- 7&8      Cross step right behind left, step left to left side, step right in place (sailor shuffle) while turning ¼ turn to the right

## **KICK, CROSS, TOUCH, KICK, CROSS, TOUCH, CROSS, SIDE, SAILOR SHUFFLE WITH ¼ TURN LEFT**

- 1&2      Kick left forward, cross left over right, touch right to right side
- 3&4      Kick right forward, cross right over left, touch left to left side
- 5-6      Cross step left over right, step right to right side
- 7&8      Cross left behind right, step right to right side, step left in place (sailor shuffle) while turning ¼ to the left

## **WALK FORWARD, FORWARD, FORWARD COASTER STEP**

- 1-2      Walk forward right, left
- 3&4      Step right forward, step left next to right, step right back

## **STEP BACK, BACK, COASTER STEP**

- 5-6      Step left back, step right back
- 7&8      Step left back, step right next to left, step left forward

## **STOMP, KICK, HITCH, KICK, STEP TOGETHER, TWIST HEELS RIGHT, CENTER**

- 1&      Stomp right next to left, kick right forward
- 2&      Hook right in front of left (hitch) crossing below the knee, kick right forward
- 3      Step right next to left
- &4      Twist both heels right, center

## **½ TURN LEFT, ¼ TURN LEFT**

- 5-6      Step right forward & turn ½ left, step left in place
- 7-8      Step right forward & turn ¼ left, step left in place

## **REPEAT**