

Get It Up 2000

COPPER KNOB
BY STEPHENETS

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
