

Get It While It's Hot

COPPER KNOB
BY STEPHENETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: John Robinson (USA)
音樂: Get It While It's Hot - Nodesha



After Nodesha says "Let's dance," count 8 then start. Use the "radio edit" or "regular" album version of the song (not the remix). Don't worry about the phrasing; the dance will hit the accents throughout. At the end of the track, you will finish facing front (12:00) at the coaster cross on the first set of 8

SIDE, ROCK BACK & BRUSH & CROSS BEHIND, & STEP ¼ LEFT, RIGHT BRUSH, STEP ½ LEFT, COASTER CROSS

- 1-2& Step right side right, rock ball of left foot behind right, recover to right
- 3&4 Brush ball of left foot next to right, step left side left, step right behind left
- 8&5-6 Turn ¼ left and step left (9:00), brush ball of right foot next to left, pivot ½ left (to 3:00) stepping right back
- 7&8 Step ball of left foot back, step ball of right foot next to left, step left forward across right bending knees slightly and angling body ¼ left (to 12:00)

WALK, WALK, RIGHT LOCKING TRIPLE, CROSS-TAP-BACK, LEFT TRIPLE TURNING 1 ¼ LEFT

- 1-2 Straightening knees and squaring up to 12:00 wall, right step forward, left step forward
- 3&4 Right step forward, lock step left foot behind right, right step forward
- 5&6 Step left forward across left, tap right toe behind left, right step back
- 7&8 Pivot ½ left (to 6:00) stepping left forward, pivot ½ left (to 12:00) stepping right back, pivot ¼ left (to 9:00) stepping left side left

Easier option for counts 7&8: pivot ¼ left and triple left-right-left traveling to left side

VINE RIGHT WITH SHOULDER SHRUGS & ATTITUDE LOOK, VINE LEFT WITH SHOULDER SHRUGS & ATTITUDE LOOK

- 1-2 Step right side right, step left behind right
 - 3-4 Step right side right, touch left next to right turning head to look right
- Styling: shrug shoulders down-up-down-up-down on 1&2&3. Place left hand at left side of head pushing right hand out side right on 4**
- 5-6 Step left side left, step right behind left
 - 7-8 Step left side left, touch right next to left turning head to look left
- Styling: shrug shoulders down-up-down-up-down on 5&6&7. Place right hand at right side of head pushing left hand out side left on 8**

SYNCOPATED CROSS MAMBO ROCKS (RIGHT THEN LEFT), FORWARD ROCK, RECOVER, TRIPLE TURNING 1 ¼ RIGHT

- 1&2 Rock ball right of foot across left, recover to left, step right next to left
- 3&4 Rock ball of left foot across right, recover to right, step left next to right
- 5-6 Rock ball of right foot forward, recover to left
- 7&8 Pivot ½ right (to 3:00) stepping right forward, pivot ½ right (to 9:00) stepping left back, pivot ¼ right (to 12:00) touching right toe next to left

Easier option for counts 7&8: pivot ¼ right stepping right to right side, left step across right, touch right toe next to left

SYNCOPATED PUSH STEPS TRAVELING RIGHT, SYNCOPATED PUSH STEPS TRAVELING LEFT **Be sure to angle body right toward 1:30 for counts 1-4, and incorporate hip/pelvic action as you do these pushes**

- 1&2& With body angled right (toward 1:30), step right side right, push off left to step next to right in 3rd position (instep to heel), step right side right, push off left to step next to right in 3rd position

- 3&4 Step right side right, push off left to step next to right in 3rd position, step right side right
Be sure to angle body left toward 11:30 for counts 5-8, and incorporate hip/pelvic action as you do these pushes
- 5&6& Pivot ¼ left to angle body left (toward 11:30), stepping left side left, push off right to step next to left in 3rd position (instep to heel), left step side left, push off right to step next to left in 3rd position
- 7&8 Step left side left, push off right to step next to left in 3rd position (instep to heel), step left side left

ROCK, RECOVER, FULL SPIRAL TURN RIGHT, STEP FORWARD, PRESS FORWARD & STEP BACK, LIFT

- 1-2 Square up to original wall (12:00), rock ball of right foot forward, recover to left
- 3-4 Pivot ½ right (to 6:00) stepping right foot forward, step left forward immediately spiraling full turn right raising right toe off floor

Easier option for counts 3, 4: pivot ½ right stepping right foot forward, walk forward left

- 5-6& Step right forward, press ball of left foot forward, recover to right
- 7-8 Step left back, lift right next to left calf in Figure 4 position

REPEAT
