

# Get Loose

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
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音樂: If Ya Gettin' Down - Five



## CROSS, SIDE, APPLEJACK, CROSS, SIDE, APPLEJACK

- 1-2      Step right over left, step left side (toes are pointing in)
- 3-4      Swivel toes of left and heel of right to left, swivel heel of left and toes of right to left
- 5-6      Step right over left, step left side (toes are pointing in)
- 7-8      Swivel toes of left and heel of right to left, swivel heel of left and toes of right to left

## BODY ROLLS RIGHT, LEFT, SYNCOPATED KICKS BACKWARD

- 1-2      Body roll to right
- 3-4      Body roll to left
- 5&      Kick right forward, step back right
- 6&      Kick left forward, step back left
- 7&      Kick right forward, step back right
- 8&      Kick left forward, step together right

## HALF-MONTEREY, MAMBO, SIDE-SIT-ROLL UP

- 1-2      Touch right to side, pivot ½ turn right on ball of left bringing right to place and taking weight
- 3&4      Rock side left, recover weight on right, step left together
- 5      Step side right
- 6      Bend knees into sitting position (only your right cheek has room to sit)
- 7-8      Leading with left hip roll up to standing position keeping weight on right

## TURNING SAILOR, BRUSH-HITCH-TOUCH, HIP BUMPS, STEP TOGETHER

- 1&2      Step left behind right turning 1/8 left, step side right turning 1/8 left, step forward left
- 3&4      Brush right forward, hitch right knee, touch right toe forward (weight is still on left)
- 5&      Bump right hip right, then center (or you can roll the hips making a "C" on these 2 counts)
- 6&      Bump right hip right, then center
- 7-8      Take weight on right, step left together

## REPEAT

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