

# Get Movin'

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Cindi Talbot (CAN)  
音樂: Bringin' Da Noise - \*NSYNC



## STEP HITCH, STEP HEEL / STEP HITCH, STEP HEEL

- 1-2            Step forward right, hitch left leg turning on ball of right foot to make ¼ turn right  
3-4            Step left to left, touch right heel out to right making ¼ turn right (you should be facing back wall)  
5-6            Step forward right, hitch left leg, turning on ball of right to make ¼ turn right  
7-8            Step left to left, touch right heel out to right making ¼ turn right (you should be facing front wall)

## BACK & FORWARD & BACK & TOUCH/ HIP BUMPS RIGHT, HIP BUMPS LEFT

- 9&            Rock back on right, in place on left  
10&           Rock forward on right, in place on left  
11&12        Rock back on right, in place on left, touch right toe beside left  
13&14        Step forward on right bumping hips right-left-right  
15&16        Step forward on left bumping hips left-right-left

## SIDE STEP RIGHT, LEFT, RIGHT, LEFT, RIGHT, TOUCH LEFT / SIDE STEP LEFT, RIGHT, LEFT, RIGHT, LEFT, TOUCH RIGHT

- 17&           Step right to right side, step left beside right  
18&           Step right to right side, step left beside right  
19-20        Take big step right to right side, touch left toe beside right  
21&           Step left to left side, step right beside left  
22&           Step left to left side, step right beside left  
23-24        Take big step to left side, touch right toe beside left (variation: take big step left making ½ turn left, touch right toe beside left)

## STEP TOUCH, STEP TOUCH / POINT, TOUCH, POINT HITCH POINT

- 25-26        Step right to right side, touch left toe beside right  
27-28        Step left to left side, touch right beside left  
29-30        Touch right toe out to right side, touch right toe beside left  
31&32        Touch right toe out to right side, hitch right knee, touch right toe out to right side

**REPEAT**

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