

# Get Punked Up!

**COPPER KNOB**  
STEPPERS

拍數: 0                      牆數: 2                      級數: Improver hip hop  
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音樂: Wondering - Good Charlotte



Sequence: A, BBB, TAG, B, TAG

## PART A

### SIDE SHUFFLES ROCK RECOVERS

1&2                      Side shuffle to right  
3                          Rock back on left  
4                          Recover to right  
5&6                      Side shuffle to left  
7                          Rock back on right  
8                          Recover to left

### SHUFFLE FORWARD ROCK RECOVER TRIPLE STEP TURN SAILOR SHUFFLE

1&2                      Shuffle forward on right  
3                          Rock forward on left  
4                          Recover to right  
5&6                      Half triple step turn  
7&8                      Left sailor shuffle

### HIP BUMPS BODY ROLLS

1-2                      Right hip bumps  
3-4                      Left hip bumps  
5-6-7-8                  Body rolls

### HALF MONTEREY TURN SAILOR SHUFFLES

1                          Touch right to side  
2                          Half Monterey to right  
3&4                      Right sailor shuffle  
5&6                      Left sailor shuffle  
7&8                      Right sailor shuffle

### PADDLE TURNS CROSS OUT OUT, CROSS OUT, CROSS OUT

1                          Paddle turn  $\frac{1}{4}$  wall to left  
2                          Paddle turn another  $\frac{1}{4}$  wall to left  
3                          Cross right over left  
&                          Step left foot out  
4                          Step right to the side  
5                          Cross left over right  
6                          Step right to the side  
7                          Cross right over left  
8                          Point left to the side

### FUNKY WALK BACK COASTER STEP, 1 $\frac{1}{4}$ TURN TO THE RIGHT

1                          Bring left back behind right (side note: like the funky walk in "funky cowboy")  
2                          Bring right back behind left. /  
3                          Step left foot back slightly  
&                          Step right beside left

- 4 Step left forward  
5-81 ¼ turn to right

### **ROCK RECOVER SAILOR STEP TURN, ROCK RECOVER RENDEZVOUS ROCK RECOVER**

- 1 Rock forward on right  
2 Recover turning ¼ to left  
3&4 Left sailor step  
5 Rock to the left  
6 Recover ½ turn to the left  
7 Rendezvous with left  
& Rock back on right  
8 Recover to left

### **REVERSED GALLOPING TURNS**

- 1-8 ¼ turns side rock recover (right left right turn, right left right turn)

### **PART B**

#### **SAILOR SHUFFLES ROCK RECOVER**

- 1&2 Sailor shuffle to left  
3&4 Sailor shuffle to right  
5 Rock forward on right foot  
6 Recover to left  
7 Rock back on right  
8 Recover to left

#### **SAILOR SHUFFLES FULL PIVOT TURN**

- 1&2 Sailor shuffle to left  
3&4 Sailor shuffle to right  
5 Step forward on right  
6 Half pivot turn to left  
7 Step forward on right  
8 Haft pivot turn to left

#### **SAILOR SHUFFLE FORWARD, BACK, FORWARD, FORWARD**

- 1&2 Sailor shuffle to left  
3&4 Sailor shuffle to right  
5 Forward right, left  
&6 Syncopate back right left  
&7&8 Syncopate forward right

#### **SAILOR SHUFFLE STOMP HOLD BODY ROLL**

- 1&2 Sailor shuffle to left  
3&4 Sailor shuffle to right  
5 Stomp right foot  
6 Hold  
7-8 Body roll

### **TAG**

#### **"THE DANNY"**

- 1 Right arm roll with palm facing forward  
2 Left arm roll with palm facing forward  
3-4 With palms facing forward push arms down and forward while shoulders roll with the arms
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