

Get This Party Started

COPPER KNOB
BY STEPHENETS

拍數: 40 牆數: 2 級數:
編舞者: Sean Flaherty
音樂: Get the Party Started - P!nk



RIGHT SIDE SHUFFLE, ROCK RECOVER, $\frac{3}{4}$ TURN SHUFFLES TO RIGHT

1&2 Right side shuffle
3-4 Rock back on left, recover on right
5&6 Turning right, shuffle $\frac{1}{4}$ starting on left foot
7&8 Complete $\frac{3}{4}$ turn with right shuffle forward (9:00 wall)

2 LEFT KICKBALL CHANGES, $\frac{1}{2}$ TURN LEFT SHUFFLE, RIGHT KICK BALL CHANGE

1&2 Kick left forward, step ball of left foot, step on right foot
3&4 Left kick ball change
5&6 $\frac{1}{2}$ turn shuffle turning to left
7&8 Right kick ball change

SHIMMIES RIGHT & LEFT

1-4 Step right to right hold & shimmy, bring left to right hold
5-8 Step left to left hold & shimmy, bring right to left, hold

RIGHT SIDE SHUFFLE $\frac{1}{2}$ TURN ROCK, RECOVER BACK TO STARTING POSITION, LEFT SIDE SHUFFLE, $\frac{1}{2}$ TURN ROCK, RECOVER BACK TO STARTING POSITION

1&2 Shuffle right to right side
3-4 Rock left foot back $\frac{1}{2}$ left, recover back $\frac{1}{2}$ on right (original starting position)
5&6 Shuffle left to left
7-8 Rock right foot back $\frac{1}{2}$ right, recover back $\frac{1}{2}$ on left (original starting position)

$\frac{3}{4}$ SHUFFLING TURNS TO LEFT

1&2 On right foot shuffle $\frac{1}{4}$ to left
3&4 Left shuffle $\frac{1}{2}$ to complete $\frac{3}{4}$ turn
5&6 Right kick ball change
7-8 Stomp right, stomp left

REPEAT
