

# Get Tuff

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Kathy Janowicz (CAN)  
音樂: Tuff Enuff - Wynonna



## FOOT SWITCHES, WALK WALK, BODY ROLL

- 1&      Touch right toe forward, bring right foot beside left, changing weight to right
- 2&      Touch left toe to left side, bring left foot beside right, changing weight to left
- 3&      Touch right toe to right side, bring right foot beside left, changing weight to right
- 4&      Touch left toe forward, bring left foot beside right, changing weight to left
- 5-6      Step right foot forward, step left foot forward
- 7-8      Keeping weight on left foot roll body up from knees to shoulders

## FULL LEFT PADDLE TURN, RIGHT SAILOR, LEFT SAILOR

- 9&      Step forward with right foot, pivot  $\frac{1}{4}$  turn left
- 10&      Step forward with right foot, pivot  $\frac{1}{4}$  turn left
- 11&      Step forward with right foot, pivot  $\frac{1}{4}$  turn left
- 12&      Step forward with right foot, pivot  $\frac{1}{4}$  turn left
- 13&14      Cross right foot behind left, step ball of left foot to left side, step right foot to right side
- 15&16      Cross left foot behind right, step ball of right foot to right side, step left foot to left side

## TWO 4 COUNT SHIMMIES RIGHT

- 17-20      Big step right with right foot, shimmy as you bring left foot beside for 3 counts
- 21-24      Big step right with right foot, shimmy as you bring left foot beside for 3 counts

## VINE LEFT, $\frac{1}{4}$ TURN LEFT, HITCH, TWO LEFT HALF TURNS

- 25-26      Step left foot left, step right foot behind left
- 27-28      Step left foot  $\frac{1}{4}$  turn left, hitch right knee
- 29-30      Step forward with right foot, pivot  $\frac{1}{2}$  turn left
- 31-32      Step forward with right foot, pivot  $\frac{1}{2}$  turn

## REPEAT

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