

# Get Up Jack John

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Gerard Murphy (CAN)  
音樂: Jolly Rovin' Tar - The Fables



## SHUFFLE FORWARD, ROCK RECOVER, ½ TURN, STEP, ½ TURN, ROCK ¼ TURN CROSS

1&2      Shuffle forward - right, left, right  
3&4      Rock forward on left, recover onto right, pivot ½ turn left stepping slightly forward on left  
5-6      Step forward on right, pivot ½ turn left shifting weight to left  
7&8      Rock forward on right, recover onto left making ¼ turn left, cross step right over left

## SIDE, BEHIND, BALL CROSS SHUFFLE LEFT, SIDE, BEHIND, BALL, CROSS, STEP

9-10      Step left to left, step right behind left  
&11&12      Step on ball of left, cross shuffle left - right, left, right  
13-14      Step left to left, step right behind left  
&15-16      Step on ball of left, cross step right over left, step left to left

## KICK, STEP, CROSS & HEEL & CROSS, SIDE, ½ TURN, ½ TURN, STEP LEFT

17&18      Kick right forward, step right in place, cross step left over right  
&19&20      Step right slightly back, touch left heel forward, step left back in place, cross step right over left  
21-22      Step left to left (starting to turn slightly to right), pivot ½ turn right stepping slightly forward on right  
23&24      Step left slightly forward, pivot ½ turn right shifting weight to right, step left to left

## SAILOR STEP, BEHIND SIDE KICK, KICK STEP TOUCH & CROSS ½ TURN

25&26      Sailor step - right, left, right  
27&28      Step left behind right, step right to right, kick left forward  
29&30      Kick left forward, step left in place, touch right next to left  
&31-32      Step right in place, cross left toes over right, pivot ½ turn right shifting weight to left

## REPEAT

## TAG

After 7 rotations of the dance you will be facing the 9:00 wall. Now do the first 16 counts of the dance, which will bring you to the 6:00 wall and restart from the very beginning again. You should end at the front!