

Get A Move On

COPPERKNOB
BY STEPHEN METELNICK

拍數: 64 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: Some Days You Gotta Dance - The Chicks



RIGHT & LEFT STEP 'N SLAP, DWIGHT RIGHT 4

- 1-2 Step right foot to right side, bring left foot up behind right leg & slap it with right hand
3-4 Step left foot to left side, bring right foot up behind left leg & slap it with left hand

With weight on left foot throughout:

- 5 Turn left heel right & touch right toes in toward left instep
6 Turn left toes right & touch right heel in toward left instep
7-8 Repeat 5-6

½ RIGHT MONTEREY TURN WITH SLAP, VINE LEFT

- 1-2 Touch right toes to right side, turning ½ right on left foot step left, right foot together
3-4 Touch left toes to left side, bring left foot up behind right leg & slap it with right hand
5-8 Step left foot to left side, cross step right foot behind left, step left foot to left, touch right foot together

RIGHT & LEFT STEP 'N SLAP, DWIGHT RIGHT 4, ½ MONTEREY TURN WITH SLAP, VINE LEFT

- 1-16 Repeat counts 1 -16

4 STEP SCUFFS TURNING ½ RIGHT

Turn ½ right over the course of the following 8 counts:

- 1-4 Step right foot forward, scuff left foot forward, start to turn & step left foot forward, scuff right foot forward
5-8 Repeat counts 1-4 completing ½ right turn

VINE RIGHT 3, LEFT TOGETHER, TWIST LEFT 4

- 1-4 Step right foot to right side, cross step left foot behind right, step right foot to right side, step left foot together
5-8 Twist both heels left, twist right & left toes left, twist both heels left, twist right & left toes to center with weight ending on left foot

RIGHT ROCK BACK & RECOVER, ¼ RIGHT & VINE RIGHT 2, RIGHT SIDE ROCK & RECOVER, WEAWE LEFT 2

- 1-2 Rock step right foot back, recover weight on left foot
3-4 Turning ¼ right step right foot to right side, cross step left foot behind right
5-6 Rock step right foot to right side, recover weight on left foot
7-8 Cross step right foot over left, step left foot to left side

RIGHT ROCK BACK & RECOVER, RIGHT FORWARD, ½ LEFT PIVOT TURN, 2 STEP SCUFFS FORWARD

- 1- Rock step right foot back, recover weight on left foot
3-4 Step right foot forward, pivot ½ left
5-8 Step right foot forward, scuff left foot forward, step left foot forward, scuff right foot forward

REPEAT