

Get Back (In Line!)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Vivienne Scott (CAN)
音樂: Get Back - The Beatles



TWO DIAGONAL JUMPS BACK WITH CLAPS, TWO FORWARD DIAGONAL SHUFFLE STEPS

&1-2 On right diagonal, jump back right, touch left beside right, clap
&3-4 On left diagonal, jump back left, touch right beside left, double clap
5&6 Forward shuffle step to right diagonal, right, left, right
7&8 Forward shuffle step to left diagonal, left, right, left (weight on left)

TWO HEEL POPS, STEP SIDE RIGHT WITH ½ TURN RIGHT, COASTER STEP, DIP PUSH ROCK FORWARD

9 Touch right heel to front right diagonal
&10 Step right back in place, touch left heel to front left diagonal
&11 Step left back in place, long step side right with right foot
12 Bring left beside right turning ½ right on ball of right (weight on left)
13&14 Step back right, step left beside right, step forward right
15 Rock forward on left bending knees and pushing left hip forward

Optional movement: left hand forward, strum guitar with right hand. You will hear the guitar chord at this point of the song.

16 Rock back on right

BACK SHIMMY, BACK SHIMMY WITH ½ TURN, LEFT KICK BALL CROSS, SIDE SHUFFLE

17-18 Step back left with shimmy, snap fingers at shoulder height
19-20 Step back right with shimmy making ½ turn right, snap fingers at should height
21&22 Kick left forward slightly at diagonal, step left back in place, cross right across left
23&24 Left side shuffle (left, right, left)

TWO PRETZELS, HEEL BOUNCES WITH ¾ TURN LEFT

25 Cross right over left
&26 Step back on left, touch right heel forward
&27 Step right back, cross left over right
&28 Step right back, touch left heel forward
&29-32 Step left back lifting heels off floor and replace four times (weight on left). On each lift make a slight turn to the left, the four lifts in total making a ¾ turn left

Option: hands can be held out to the side for balance and attitude.

Easier alternative for counts 25-28

HEEL SWITCHES

25& Touch right heel to front, step right back in place
26& Touch left heel forward, step left back in place
27&28 Touch right heel forward, step right back in place, touch left heel forward

REPEAT

TAG

For Steve Wariner's version of "Get Back", at the end of the 4th and 9th walls, add four more heel bounces as follows:

&29-36 Step back left lifting heels off floor and replace eight times (weight on left). On each lift make a slight turn to the left, the eight lifts in total making a ¾ turn left

TAG

For the Beatles? version of "Get Back" only, as above tag on 5th wall.
