

# Get Back (In Line!)

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4  
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.

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