

Come On Get Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kim Robbins & Kim Hoekstra (USA)
音樂: Come On Get Up - Janet Jackson



KICK-STEP-CROSS, HIP BUMPS, KICK-STEP-CROSS, HIP BUMPS

1&2 Kick right forward, step right onto right, step left across right
3&4 Step right to right bumping hips right, left, right (ending with weight on right)
5&6 Kick left forward, step left onto left, step right across left
7&8 Step left to left bumping hips left, right, left (ending with weight on left)

"SASSY WALK BACK", SAILOR STEPS

1-2-3-4 Walk back right, left, right, left, while swiveling hips
5&6 Step right behind left, step left to the left, step right to the right
7&8 Step left behind right, step right to the right, step left to the left

¼ TURN PADDLE, ¼ TURN PADDLE, HEEL JACK, SLIDE, KNEE ROLL

&1 Hitch right knee, pivot ¼ turn left touching toe to the right
&2 Hitch right knee, pivot ¼ turn left touching toe to the right
&3 Step back onto right, touch left heel forward
&4 Step left in place, touch right toe beside left foot
5-6 Step right to right, slide & touch left beside right
7-8 Roll left knee in, roll left knee out making ¼ turn left

DIAGONAL SHUFFLES FORWARD, MAMBO CROSS, POP TURN

1&2 Shuffle right, left, right on the diagonal
3&4 Shuffle left, right, left on the diagonal
5&6 Rock right onto right, recover onto left, step right across left
7&8 Pivot, ¼ turn left, pivot ¼ turn right, pivot ½ turn left

REPEAT

TAG

Done after the 1st & 3rd walls

SIDE SHUFFLES, ½ TURN, HIP BUMPS, ½ TURN, HIP BUMPS

1&2 Shuffle to the right, right, left, right
3&4 Shuffle to the left, left, right, left
5&6 Step right foot making a ½ turn to the left, & bump hips right, left, right
7&8 Step left foot making ½ turn to the left & bump hips left, right, left