

Get Get Get

COPPERKNOB
BY STEPHEN BRETZ

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Barry Durand (USA) - August 2007
音樂: Can I Get Get Get - Junior Senior



32 count intro

- 1-8 Hip Hop Cross, Twist turn, Walks**
1&2 Cross L over R and rock forward on an angle, recover R, step side L
3&4 Cross R over L and rock forward on an angle, recover L, turn ¼ turn to the right and step forward R
8&5,6 Step forward (or slight hop) with L and quickly cross R behind L, turn to right a full turn on count 6 with weight ending on R
7,8 Walk L, R
- 9-16 Coupee (flick), Lock step, Turn, Shuffle**
1&2 Step forward L, turn ¼ turn left and step side R, replace right foot with L while extending R to side and turning ¼ turn to left.
3&4 Lock step by stepping forward R, lock behind L, step forward R
5,6 Turn a full turn to the right while walking L, R
7&8 Shuffle forward L, R, L and sweep R back to front starting a left turn
- 17-24 Syncopated Weaves**
1&2&3&4 Turn ¼ turn to the left and do a weave by crossing front R, side L, cross back R, side L, cross front R, side L, cross back R sweeping L toward back
5&6&7&8 Cross L behind R, side R, cross forward L, side R, cross back L, side R, cross front L and sweep R around making a quarter turn to the left
- 25-32 Hip Bumps, Pivot Turns**
1&2,3&4 Hip Bump R,L,R, then L,R,L with a ¼ turn to the left on the last bump weight on L
5,6,7,8 Pivot turn by stepping forward R and turn ½ turn left, step forward onto L, step forward R turning ½ turn left, and tap L together with R
- 32-39 Apple Jacks, Turning Sailors, Step**
1&2 Moving Applejack to left by placing weight on ball of R and heel of L then split knees out (moving slightly left), place weight on heel of R and ball of L then bring knees together (moving slightly left), place weight on ball of R and heel of L then bring knees out (moving slightly left) and as you do step onto the L with a ¼ turn to the left. If you don't want to do Apple jacks, simply hip bump L & L finishing with ¼ turn left and stepping onto L
3,4&5 Turning Sailor by Stepping forward onto R, while sweeping L behind and turning ½ turn to the left. Then do a sailor Step, by crossing behind L, side R, forward L but prep the L foot out and prepare to turn back to right
6&7 Turning Sailor by hooking or sweeping R behind L making a ½ turn to the right while stepping L and then forward R.
8 Step forward L
- 40-48 Knee Wag, Turning Sailor, Shuffle**
1&2 Swivel on heel of R foot and move knee to right & right making a ¼ to the right on 2 while taking weight on R
3,4&5 Turning Sailor by Stepping forward onto L, while sweeping R behind and turning ½ turn to the right. Then do a sailor Step, by crossing behind R, side L, forward R
6&7 Shuffle step L,R,L.
8 Step forward R and end prepared to do the Applejack step again.
- 49-56 Repeat counts 32-39 Apple Jacks, Turning Sailors, Step**
- 57-64 Knee Wag, Turning Sailor, Pivot**

- 1&2 Swivel on heel of R foot and move knee to right & right making a $\frac{1}{4}$ to the right
- 3,4&5 Turning Sailor by Stepping forward onto L, while sweeping R behind and turning $\frac{1}{2}$ turn to the right. Then do a sailor Step, by crossing behind R, side L, forward R
- 6,7,8 Step forward L pivoting to the right $\frac{1}{2}$ turn and bring R together with L while dropping down with bent knees and head down, then pop back up with weight on R.

End of Dance ? Repeat as necessary!
