

Get It While It's Hot

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 2 級數: Intermediate

編舞者: John Robinson (USA) - September 2005

音樂: Get It While It's Hot - Nodesha : (CD: Nodesha or available as a CD single, 3:51 version)



After Nodesha says "Let's dance," count 8 then start. Use the "radio edit" or "regular" album version of the song (not the remix). Don't worry about the phrasing; the dance will hit the accents throughout. At the end of the track, you will finish facing front (12:00) at the coaster cross on the first set of 8.

NOTES: This dance should have a slightly funky West Coast Swing feel.

SIDE, ROCK BACK & BRUSH & CROSS BEHIND, & STEP 1/4 LEFT, RIGHT BRUSH, STEP 1/2 LEFT, COASTER CROSS

1,2& Side, rock R step side right (1), L rock ball of foot behind R (2), recover to R (&)

&

3&4 Brush & L brush ball of foot next to R (3), L step side left (&), R step behind L (4)
behind

&5,6 Turn- L step 1/4 left (to 9:00) (&), R brush ball of foot next to L (5), pivot 1/2 left (to 3:00) stepping R
brush, half back (6)

7&8 Coaster L ball of foot step back (7), R ball of foot step next to L (&), L step forward across R bending
cross knees slightly and angling body 1/4 left (to 12:00) (8)

WALK, WALK, RIGHT LOCKING TRIPLE, CROSS-TAP-BACK, LEFT TRIPLE TURNING 1 1/4 LEFT

1,2 Walk, walk Straightening knees and squaring up to 12:00 wall, R step forward (1), L step forward (2)

3&4 Triple step R step forward (3), L lock step behind R (&), R step forward (4)

5&6 Cross-tap- L step forward across R (5), R toe tap behind L (&), R step back (6)
back

7&8 Turn-turn- Pivot 1/2 left (to 6:00) stepping L forward (7), pivot 1/2 left (to 12:00) stepping R back (&),
turn pivot 1/4 left (to 9:00) stepping L side left (8)

Easier option for counts 7&8: Pivot 1/4 left and triple left-right-left traveling to left side.

VINE RIGHT WITH SHOULDER SHRUGS & ATTITUDE LOOK, VINE LEFT WITH SHOULDER SHRUGS & ATTITUDE LOOK

1,2 Side, behind R step side right (1), L step behind R (2)

3,4 Side, touch R step side right (3), L touch next to R turning head to look right (4)

Styling: Shrug shoulders down-up-down-up-down on 1&2&3. Place left hand at left side of head pushing right hand out side right on 4.

5,6 Side, behind L step side left (5), R step behind L (6)

7,8 Side, touch L step side left (7), R touch next to L turning head to look left (8)

Styling: Shrug shoulders down-up-down-up-down on 5&6&7. Place right hand at right side of head pushing left hand out side left on 8.

SYNCOPATED CROSS MAMBO ROCKS (RIGHT THEN LEFT), FORWARD ROCK, RECOVER, TRIPLE TURNING 1 1/4 RIGHT

1&2 Cross-rock-R ball of foot rock across L (1), recover to L (&), R step next to L (2)
step

3&4 Cross-rock-L ball of foot rock across R (3), recover to R (&), L step next to R (4)
step

5,6 Rock, R ball of foot rock forward (5), recover to L (6)
recover

7&8 Turn & Pivot 1/2 right (to 3:00) stepping R forward (7), pivot 1/2 right (to 9:00) stepping L back (&),
touch pivot 1/4 right (to 12:00) touching R toe next to L (8)

Easier option for counts 7&8: Pivot 1/4 right stepping R to right side (7), L step across R (&), R toe touch next to L (8).

SYNCOPATED PUSH STEPS TRAVELING RIGHT, SYNCOPATED PUSH STEPS TRAVELING LEFT

Be sure to angle body right toward 1:30 for counts 1-4, and incorporate hip/pelvic action as you do these pushes.

1&2& Right & With body angled right (toward 1:30), R step side right (1), push off L to step next to R in 3rd position (instep to heel) (&), R step side right (2), push off L to step next to R in 3rd position (&)

3&4 Right & R step side right (3), push off L to step next to R in 3rd position (&), R step side right (4)
right

Be sure to angle body left toward 11:30 for counts 5-8, and incorporate hip/pelvic action as you do these pushes.

5&6& Left & left Pivot 1/4 left to angle body left (toward 11:30), stepping L side left (5), push off R to step next to L in 3rd position (instep to heel) (&), L step side left (6), push off R to step next to L in 3rd position (&)

7&8 Left & left L step side left (7), push off R to step next to L in 3rd position (instep to heel) (&), L step side left (8)

ROCK, RECOVER, FULL SPIRAL TURN RIGHT, STEP FORWARD, PRESS FORWARD & STEP BACK, LIFT

1,2 Rock, Square up to original wall (12:00), R ball of foot rock forward (1), recover to L (2)
recover

3,4 Turn, turn Pivot 1/2 right (to 6:00) stepping R foot forward (3), L step forward immediately spiraling full turn right raising R toe off floor (4)

Easier option for counts 3,4: Pivot 1/2 right stepping R foot forward (3), walk forward L (4).

5,6& Step, R step forward (5), L press ball of foot forward (6), recover to R (&)
press &

7,8 Back, lift L step back (7), R lift next to L calf in figure 4 position (8)

START AGAIN AND ENJOY!
