

Get It Poppin

COPPER **KNOB**
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Junior Willis (USA) & Judy McDonald (CAN) - September 2005
音樂: Get It Poppin' (feat. Fat Joe) - Nelly



Step, Turn L
Knee in,
Shoulder Pop,
Look, Slow Hip
Roll, 2 Hip Rolls
w/hitch

1-2 Step R
slightly out to R,
bend L knee in
toward R leg
(weight stays on
R)

3&4 Pop
shoulders
forward, pop
shoulders back,
turn head and
look to L

5-6 (while still
looking L) Roll
hips around
slowly
7-8 (while still
looking L) Roll
hips around, roll
hips around
(switching
weight to L) and
hitch R and look
to front

Rock, Recover,
Shuffle forward,
Scuff Hitch
Cross w/ ¼ turn
R, Side Step,
Cross Step,
Side Step

1-2 Rock
forward on R,
recover on L
3&4 Shuffle
forward (R-L-R)

5&6 Scuff L
heel forward,
hitch L knee,
cross step L
over R while
making a $\frac{1}{4}$ turn
to R (facing
3:00)

7&8 Step R out
to R, cross step
L over R, step R
out to R

**Cross Step,
Rock Step, Step
w/ $\frac{1}{2}$ turn L,
Kick, Cross,
Touch, Knee
Roll w/ $\frac{1}{4}$ turn L,
Push Booty
Back, Body Roll
up**

1&2 Step L over
R, rock R in
place, make $\frac{1}{2}$
turn to L and
step forward
(facing 9:00)

3&4 Kick R
forward, step R
over L, touch L
out to L side

5-6 Turn L knee
in to R and
swing it around
making $\frac{1}{4}$ turn
to L (weight on
L, facing 6:00),
push booty
back

7-8 Body roll up
(ending with
weight on L)

**Tap, Step, Slide
w/touch, Side
Step, Cross
Step, Sailor $\frac{1}{4}$
turn L, Hitch,
Coaster**

&1-2 Tap R
slightly out to R,
step R out to R,
slide L to R and
touch L next to
R

3&4 Step L out
to L, cross step
R over L, step L
out to L

5&6& Sailor
step (R behind,
L slightly out to
L, start making
¼ turn to L with
R step forward),
hitch L finishing
¼ turn to L lean
slightly forward
on the
hitch(facing
3:00)

7&8& Hold L
hitch, coaster
step (step back
on L, step R in
place, step
forward on L)

Begin Again??

E-Mail: Junior Willis
LnDncr@aol.com
Judy McDonald
judymcdonald@
cogeco.ca
