

# Get On The Floor

**COPPER** **KNOB**  
BY STEPHEN METZ

拍數: 64                      牆數: 4                      級數: Funky Intermediate  
編舞者: John Robinson (USA) - December 2007  
音樂: The Floor - Johnny Gill : (Preferred version: CD single, pop edit #1 ; LP version available on Provocative, 20th Century, 3:41)



Start dancing with main vocal (first verse: "Bottoms up"); 16 seconds in on pop edit; 58 seconds in on LP version.

Important note: the third repetition is a short wall – you will only do the first 40 counts of the dance then start over (this happens when you're facing 9:00). On the LP version, you can get an extra wall in by starting earlier, with the main beat (about 24 seconds in); this means the short wall will be the 4th repetition (you'll be facing 12:00).

## R CROSS, L SIDE, R SAILOR STEP, L TOUCH, TURN, HEEL DOWN BENDING KNEES, HEEL UP STRAIGHTENING KNEES

- 1,2                      \*Cross, side\* R step across L (1), L step side left (2)
- 3&4                    \*Sailor step\* R step ball of foot behind L (3), L small step side left (&), R step forward shoulder-width apart from L angling body diagonally right (towards 1:30) (4)
- 5,6                    \*Touch, turn\* L touch next to R (5), turn 1/4 left touching L toe forward toward 11:30 (6)
- 7,8                    \*Down, up\* Lower L heel to floor bending knees/snap right fingers by R hip (7), raise L heel straightening knees (8)

## L KICK & CROSS, SYNCOPATED WEAVE LEFT, R TOUCH, TURN 1/4 R w/DOUBLE SHOULDER ROLL FORWARD

- 1&2&                  \*Kick & cross &\* L kick forward (1), L step slightly back (&), R step across L (2), L small step side left (&)
- 3&4                    \*Behind-side-touch\* R step behind L (3), L small step side left (&), R touch next to L (4)
- 5,6                    \*Touch, turn\* R touch side right turning knee in (5), pivot 1/4 right (3:00) turning knee out/shifting weight partially forward to R (6)
- 7,8                    \*Roll, roll\* Looking over left shoulder (to 12:00), roll both shoulders forward twice shifting weight forward to R with slight lean forward (7,8)

## L HITCH, TOUCH BACK, L HITCH-BALL-CHANGE, WALK L-R-L, PIVOT 1/4 RIGHT w/HIP ROLL

- 1,2                    \*Hitch, touch\* (Look forward to 3:00) L hitch raising knee (1), L toe touch back (2)
- 3&4                    \*Hitch-ball-change\* L hitch raising knee (3), L step next ball of foot slightly back (&), R step forward (4)
- 5,6                    \*Walk, walk\* L step forward (5), R step forward (6)
- 7.                     8 \*Walk, turn\* L step forward starting clockwise hip roll (7), pivot 1/4 right (6:00) finishing clockwise hip roll so weight ends on L (8)

## SYNCOPATED CROSS ROCKS (R THEN L), R ROCKING CHAIR w/HITCH-STEP-TOUCH

- 1&2                    \*Cross-rock-home\* R rock ball of foot across L (1), recover to L (&), R step side left slightly apart from L (2)
- 3&4                    \*Cross-rock-home\* L rock ball of foot across R (3), recover to R (&), L step side right slightly apart from R (4)
- 5&6&                  \*Forward & back &\* R rock ball of foot forward (5), recover to L (&), R rock ball of foot back (6), recover to L (&)
- 7,a8                  \*Hitch-step-touch\* R brush ball of foot forward hitching knee high pushing off L (7), R step forward (a), L touch next to R (8)

## SQUAT (TURNING 1/4 LEFT), STRAIGHTEN, HIP SHAKE L, SQUAT (TURNING 1/4 LEFT), STRAIGHTEN, HIP SHAKE R

- 1,2            \*Down, up\* Turn 1/4 left (3:00) stepping L side left/bending knees (squat) (1), straighten knees pushing hips left (2)
- &3&4        \*Shake it left\* Keeping weight on L, shake hips right-left (&3), right-left (&4)
- 5,6            \*Down, up\* Turn 1/4 left (12:00) stepping R side right/bending knees (squat) (5), straighten knees pushing hips right (6)
- &7&8        \*Shake it right\* Keeping weight on R, shake hips left-right (&7), left-right (&8)

**MAKE 1/4 TURN LEFT, 1/2 TURN LEFT, COASTER CROSS TURNING 1/4 LEFT, 1/2 MONTEREY TURN w/SIDE ROCK & TOGETHER**

- 1,2            \*Quarter, half\* Turn 1/4 left (9:00) stepping L forward (1), turn 1/2 left (3:00) stepping R back (2)
- 3&4        \*Coaster cross\* L step ball of foot back (3), R step ball of foot next to L (&), turn 1/4 L (12:00) stepping L forward across R (4)
- 5,6            \*Touch, turn\* R toe touch side right (5), pivot 1/2 right (6:00) stepping R next to L (6)
- 7&8        \*Rock & step\* L rock ball of foot side left (7), recover to R (&), L step next to R (8)

**WALK FORWARD R-L, ANCHOR STEP, 1/2 TURN L, STEP TOGETHER, JUMP 3X TURNING 3/4 LEFT**

- 1,2            \*Walk, walk\* R step forward (1), L step forward (2)
- 3&4        \*Anchor step\* R step ball of foot behind L (3), L step ball of foot in place (&), R step in place behind L (4)
- 5,6            \*Turn, together\* Pivot 1/2 left (12:00) stepping L forward (5), R step ball of foot next to L (6)
- 7&8        \*Jump & turn\* Jump slightly off floor three times turning 3/4 left, weight ends on L (3:00) (7&8)

**R KICK & HEEL FAN, L KICK & HEEL FAN, R KICK & L KICK & R TOUCH OUT-IN-OUT**

- 1&2&        \*Kick & heel fan\* R kick forward (1), R touch next to L (&), R heel turn out (2), R heel turn in taking weight (&)
- 3&4&        \*Kick & heel fan\* L kick forward (3), L touch next to R (&), L heel turn out (4), L heel turn in taking weight (&)
- 5&6&        \*Kick & kick &\* R kick forward (5), R step next to L (&), L kick forward (6), L step next to R (&)
- 7&8        \*Out-in-out\* R touch side right (7), R touch next to L (&), R touch side right (8)

**START AGAIN AND ENJOY!**

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