

Go Baby Go

COPPER KNOB
STYLISTS

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Rachael McEnaney (USA) - April 2009
音樂: Don't Upset the Rhythm (Go Baby Go) - Noisettes



Count In: Dance starts 32 counts from start of track

Notes: 1 restart/tag on 2nd wall – do first 22 counts of dance upto L sailor, make ¼ turn right rocking back right

(1 – 8) Walk R L, ball change, walk R, step L ½ pivot, L shuffle

1 - 2 Step forward on right (1), step forward on left (2) 12.00
& 3 - 4 Step ball of right to right diagonal (&), step left to left diagonal (body facing 10.30) (3), step forward on right (4) (squaring up to 12.00) 12.00
5 - 6 Step forward on left (5), pivot ½ turn right (6) 6.00
7 & 8 Step forward on left (7), step right next to left (&), step forward on left (8) 6.00

(9 – 16) Walk R L, ball change, walk R, step L ¼ pivot, L cross shuffle

1 - 2 Step forward on right (1), step forward on left (2) 6.00
& 3 - 4 Step ball of right to right diagonal (&), step left to left diagonal (body facing 4.30) (3), step forward on right (4) (squaring up to 6.00) 6.00
5 - 6 Step forward on left (5), pivot ¼ turn right (6) 9.00
7 & 8 Cross left over right (7), step right to right side (&), cross left over right (8) 9.00

(17 – 24) Syncopated vine right, L sailor step, R sailor step with ¼ turn R.

1,2&3,4 Step right to right side (1), cross left behind right (2), step right to right side (&), cross left over right (3), step right to right side (4) 9.00
5 & 6 Cross left behind right (5), step right next to left (&), step left to left side (6) 9.00
7 & 8 Cross right behind left (7), make ¼ turn right stepping left next to right (&), step forward on right (8) 12.00

(25 – 32) Step L ¼ pivot, cross L, ¼ turn L stepping back R, ¼ turn L stepping L to side, cross R, side L, cross R

1, 2, 3, 4 Step forward on left (1), pivot ¼ turn right (2), cross left over right (3), make ¼ turn left stepping back on right 9.00
5, 6, 7, 8 Make ¼ turn left stepping left to left side (5), cross right over left (6), step left to left side (7), cross right over left (8) 9.00

Styling: On 5, 6, 7, 8 swing arms left (5), swing arms right (6), swing arms left (7), swing arms right (8)

(33 – 40) L side rock, L cross shuffle, R side rock with ¼ turn L, extended R shuffle

1,2,3&4 Rock left to left side (1), recover weight onto right (2), cross left over right (3), step right to right side (&), cross left over right (4) 9.00
5 - 6 Rock right to right side (5), make ¼ turn left recovering weight onto left (6) 6.00
7 & 8 & Step forward on right (7), step left next to right (&), step forward on right (8), step left next to right (&) 6.00

(41 – 48) R rock forward, R coaster step, L syncopated jazz box with ¼ turn L.

1,2,3&4 Rock forward on right (1), recover weight onto left (2), step back on right (3), step left next to right (&), step forward on right (4) 6.00
5 - 6 Cross left over right (5), make ¼ turn left stepping back on right (6) 3.00
& 7, 8 Step left to left side (&), cross right over left (7), step left to left side (8) 3.00

(49 – 56) R touch forward, R touch side, switch touch L, switch touch R, R kick, R touch, R hitch ¼ turn, step R

1 - 2 Touch right toe forward (1), touch right toe to right side (2), 3.00

- & 3 & 4 Step right next to left (&), touch left toe to left side (3), step left next to right (&), touch right toe to right side (4) 3.00
- 5, 6, 7, 8 Kick right foot across left (5), touch right toe to right side (6), make ¼ turn right hitching right knee (7), step forward on right (8) 6.00

(57 – 64) L toe touch & heel jack x2, R coaster step, L shuffle forward.

- 1 & 2 Touch left toe next to right (1), step back on left (&), touch right heel forward (2) 6.00
- & 3 & 4 Step in place with right (&), touch left toe next to right (3), step back on left (&), touch right heel forward (4) 6.00
- 5 & 6 Step back on right (5), step left next to right (&), step forward on right (6) 6.00
- 7 & 8 Step forward on left (7), step right next to left (&), step forward on left (8) 6.00

Restart/Tag

This happens on the 2nd wall, you will do the first 20 counts of the dance which will take you up to the left sailor.

After the left sailor on counts 5 & 6, make ¼ turn right (facing 6.00) rocking back on right (7), recover weight onto left (8)

Then restart dance. 6.00

START AGAIN, HAVE FUN!
