

Let's Get To It

COPPER KNOB
STEPPERS

拍數: 64

牆數: 2

級數: Phrased Intermediate / Advanced -
Funky



編舞者: Maria Maag (DK) - May 2012

音樂: Jack Sparrow (feat. Michael Bolton) - The Lonely Island

Intro : 16 counts from first beat in music, Weight on L. - Phrasing: AB AB A Restart B Tag BB

Part A – 32 counts

[1 – 8] Kick step back rock R + L, side place swivel R swivel L ¼ R, hitch step touch step hitch

- 1&2& Kick R diagonally fw. R (1), step R to R (&), rock back L (2), recover R (&) 12:00
3&4& Kick L diagonally fw. L (3), step L to L (&), rock back R (4), recover L (&) 12:00
5&6& place R to side (5), swivel R heel to center (&), swivel L heel L and make a ¼ turn R (6), hitch R (&) 03:00
7&8& Step fw. R (7), touch L toe behind R (&), step back L (8), hitch R. (&) 03:00

[9 – 16] Point switches R. L. Monterey ¼ R and hitch L, VauderVille L and R

- 1&2& Point R to R side (1), step R next to L (&), point L to L side (2), step L next to R (&) 03:00
3&4& Point R to R side (3), step R next to L and make a ¼ turn R (&), point L to L side (4), hitch L (&) 06:00
5&6& Cross L over R (5), step R to R side (&), tap L heel diagonally fw. L (6), step L next to R (&) 06:00
7&8& Cross R over L (7), step L to L side (&), tap R heel diagonally fw. R (8), touch R next to L (&) 06:00

[17 – 24] Step touch R and L, out out, arm arm, alboe alboe, pop knees, look R recover, hitch R and touch

- 1&2& Step R to R (1), touch L next to R (&), step L to L (2), touch L next to R (&) 06:00
3&4& Step R out R (3), step L out L (&), lift R arm fw. (palm of R hand down) (4), lift L arm fw. (palm of L hand down) (&) 06:00
5&6& Put R hand on L alboe (5), put L hand on R alboe (&), pop both knees in (6), recover knees (&) 06:00
7&8& Look over R shoulder (7), head back to center (&), hitch R (8), touch R next to L (&) Restart part B on wall 5 06:00

[25 – 32] slide R to side, L knee bounce, slide L to side R knee bounce, step slide, ¼ step slide x 2, step hitch

- 1&2& Slide R to side, bend L knee (1), stretch L knee (&), bend L knee (2), stretch L knee and step R next to L (&) 06:00
3&4& slide L to side, bend R knee (3), stretch R knee (&), bend R knee (4), stretch R knee and step L next to R (&) 06:00
5&6& Step R R to side (5), slide L next to R (&), turn ¼ R step L to side (6), slide R next to L (&) 09:00
7&8& Turn ¼ R step R to side (7), slide L next to R (&), step L to side (8), hitch R (&) 12:00

Part B – 32 Counts

[1 – 8] Basic R, basic L, ¼ turn R lockstep L, step heel tap and hitch

- 1-2& Step R to side (1), close L behind R (2), cross R over L (&) 12:00
3-4& Step L to side (3), close R behind L (4), cross L over R (&) 12:00
5-6& Turn ¼ R stepping fw. R (5), step fw. L (6), lock R behind L (&) 03:00
7-8& Step fw. L (7), tap R heel fw. (8), hitch R (&) 03:00

[9 – 16] Rock recover, ball step ½ turn R, ball step R and sweep L, jazz ¼ L and big step L (flat back)

- 1-2& Rock R fw.(1), recover L (2), step R next to L (&) 03:00
3-4& Step fw. L (3), make a ½ turn R stepping R fw. (4), step L next to R (&) 09:00

5-6& Step fw. R and sweep L (5), cross L over R (6), turn ¼ L and step R back (&) 06:00
7-8 Take a big step L on L and bend L knee (flat bag from R to L) (7), drag R next to L (8) 06:00

[17 – 24] Heel grind, weave R, ¼ turn R, step ¼ turn R and cross, point touch

1-2& Swivel R hell in front of L (1), step L to side (2), step R next to L (&) 06:00
3-4& Cross L over R (3), step R to R side (4), cross L behind R (&) 06:00
5-6& Turn ¼ R stepping R fw. (5), step fw. L (6), make a ¼ turn R stepping R to R side(&) 12:00
7-8& Cross L over R (7), point R to R side (8), touch R next to L (&) 12:00

[25 – 32] Take a big step R behind side, step 1/2 turn R on L hitch R, step fw. R cross rock L over R, take a big step L and touch R behind L

1-2& Take a big step R (1), cross L behind R (2), step R to R side (&) 12:00
3-4& Step fw. L (3), make a ½ turn R the weight ends on L (4), hitch R (&) 06:00
5-6& Step fw. R (5), rock L fw. (6), recover R (&) 06:00
7-8 Step L to L side (7), touch R behind L (8) 06:00

1 Restart: On wall 5 after 24 counts of part A (Facing 6 o`clock) Restart with part B

Tag: After wall 6 (facing 12 o`clock)

1-2 Step R to side (1), hold (2) 12:00
3-4 Hold (3), hold (4) 12:00
5-6 Hip roll full circle anti clockwise starting L (5-6) 12:00
7&8& SHAKE (7&8) hitch R (&) 12:00

Ending : Wall 8 : Dance up to count 16 of part B...Step fw. R...The end...:-)

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