

Get Up and Try

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver / Easy Intermediate
編舞者: Martie Papendorf (SA) - November 2012
音樂: Try - P!nk : (Album: The Truth About Love)



Start - On vocals

S1: Side, Together, Fwd shuffle, Rock, Recover, Step, Cross shuffle

1,2 Step R to right side, Step L next to R,
3&4 Step R diagonal fwd, Step L next to R, Step R fwd,
5,6 Rock L across R, Recover back onto R,
&7&8 Step L to left side, Step R across L, Step L to left side, Step R across L

S2: Side, Behind, Chasse ¼ left, Fwd, Pivot ½ left, Shuffle ½ left

1,2 Step L to left side, Cross R behind L,
3&4 Step L to left side, Step R next to L, Step L fwd making a ¼ turn left, [9.00]
5,6 Step R fwd, Make a pivot turn ½ left [weight to L],[3.00]
7&8 Step R back making a ½ turn left, Step L next to R, Step R back [9.00]

S3: Long step ¼ left, Touch, Chasse ¼ right, Fwd, Back ½ left, Shuffle ½ left

1,2 Making a ¼ turn left step L long step to left side,[6.00] Touch R next to L,
3&4 Step R to right side, Close L to R, Step R fwd making a ¼ turn right,[9.00]
5,6 Step L fwd, Step R back making a ½ turn left,[3.00]
7&8 Step L,R,L to make a ½ turn left [9.00]

S4: Turn ¼ left-[Knee pop, Step, Turn] 2x, Brush, Rock, Recover, Coaster step

1&2 Touch R next to L popping R knee across L twisting upper body to right, Step R next to L,
 Step L to left side making 1/8 turn left,
3&4 Touch R next to L popping R knee across L twisting upper body to right, Step R next to L,
 Step L to left side making 1/8 turn left,

[Making a ¼ turn left with count 1-4 to face 6.00]

&5,6 Brush R fwd, Rock R across L, Recover L back,
7&8 Step R back, Close L to R, Step R fwd

S5: Side, Together, Cross shuffle, Fwd, Pivot ½ left, Shuffle ½ left

1,2 Step L to left side, Step R next to L,
3&4 Step L across R, Close R to L, Step L across R,
5,6 Step R fwd, Make a pivot turn ½ left [weight to L],[12.00]
7&8 Step R back making a ½ turn left, Step L next to R, [6.00] Step R in place [6.00]

Restart here during wall 5, facing 6.00. Leave out the & of count 7&8 and step L fwd

S6: Back L R, Coaster, Samba fwd, Samba ¼ left

1,2 Walk back L,R
3&4 Step L back, Step R next to L, Step L fwd,
5&6 Step R across L, Rock L out to left side, Recover R to right side,
7&8 Step L fwd making a ¼ turn left, Rock R out to right side, Recover L to left side [3.00]

Tag – after wall 2 [facing 6.00] & wall 4 [facing 12.00]

1,2 Step R to right side, Step L next to R,
3&4 Step R fwd, Lock L behind R, Step R fwd,[moving diagonal fwd]
5,6 Step L to left side, Step R next to L,
7&8 Step L fwd, Lock R behind L, Step L fwd,[moving diagonal fwd]

1,2 Step R fwd, Make a pivot turn $\frac{1}{2}$ left [weight to L],
3,4 Step R fwd, Make a pivot turn $\frac{1}{2}$ left [weight to L]

Restart during wall 5, facing 6.00 - Leave out the & of count 7&8 and step L fwd

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