

Do A Little Dance

COPPER KNOB
BY CHOREOGRAPHER

Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Henry Costa – Nov 2015

Music: Get Down Tonight by K.C. & The Sunshine Band Cd: Best Of ...(113 bpm)



FORWARD RIGHT, FORWARD LEFT, (RUN IN PLACE) RIGHT, LEFT, RIGHT, KICK, BACK, BACK TOUCH, HALF TURN

- 1-2 forward right, forward left
- 3&4 Run in place with high knee lifts Right, Left , Right
- 5-6 Kick forward Left, back left
- 7-8 back right with a toe touch, ½ turn right stepping down on right

FORWARD LEFT (HIP & HIP), FORWARD RIGHT (HIP & HIP), FORWARD LEFT, FORWARD RIGHT, HEEL SPLIT (2 TIMES)

- 1&2 forward left with hip bump, right hip bump, left hip bump
- 3&4 forward right with hip bump, left hip bump, right hip bump
- 5-6 forward left, forward right
- 7&8& swivel heels apart (making upside down V), return together, swivel heels apart (making upside down V), return together

HALF MONTEREY TURN, QUARTER MONTEREY TURN

- 1-2 Touch right to right side, turn ½ turn step right together
- 3-4 Touch left to left side, step left together
- 5-6 Touch right to right side, turn 1/4 turn step right together
- 7-8 Touch left to left side, step left together

CROSS, SIDE, SAILOR SHUFFLE, FRONT, SIDE, BEHIND, SIDE, FRONT

- 1-2 cross right over left, step side left
- 3&4 cross right behind left, step left to left side, step right in place
- 5-6 cross left in front of right, step right to right side
- 7&8 step left behind right, step right to right side, cross left in front of right.

BEGIN AGAIN

Contact: henrycosta@hotmail.com

WEB SITE: henrycosta.freeyellow.com and facebook: Mr Hopping Mad Henry Costa