

Getting Ready To Get Down

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Improver - Line / Contra
编舞者: Jill Weiss (USA) - September 2015
音乐: Getting Ready to Get Down - Josh Ritter



Note: Can be danced as a two wall line dance or as a contra dance - 2 easy Tags

Intro 32 counts

S1: WALK, WALK, OUT-OUT IN-IN, REPEAT

1-2 Walk forward R, L
&3&4 Step out R, step out L, step in R, step in L
5-6 Walk forward R, L
&7&8 Step out R, step out L, step in R, step in L

(Note: If dancing contra, lines cross during these 8 counts)

S2: ROCK FORWARD, RECOVER, COASTER STEP, ROCK, REC, STEP BACK, HIP BUMPS

1-2 Rock forward on R, recover weight back to L
3&4 (Coaster Step) Step back R, step back L, step forward R
5-6 Rock forward on L, recover weight back to R
7&8 Step back on L while bumping twice on left hip (weight to left)

S3: LINDI R, TURN ¼ RIGHT, SHUFFLE FORWARD

1&2-3-4 (Lindi step) Shuffle to right side R-L-R, rock back on L, recover R
5-6 Turn ¼ right stepping back on L, continue turning right stepping forward on R (9:00)
7&8 Shuffle forward L R L

S4: STEP PIVOT ¼ LEFT, STEP OUT-OUT, SLAP/CLAP COMBO

1-2 Step forward R, pivot ¼ left, shift weight to left (6:00)
3-4 Step R out, step L out
5&6&7&8 Slap thighs 2 x, clap 2 x, clap hands with side neighbors 3 x

(Note: if dancing contra, last 3 claps can be with opposite line)

S5: ROCK, SHUFFLE BACK, ROCK, SHUFFLE ½ RIGHT

1-2 3&4 Rock R forward, recover left, shuffle back R-L-R
5-6 7&8 Rock back L, recover R, shuffle ½ turn right L-R-L (12:00)

S6: ROCK, SHUFFLE ½ LEFT, ROCK, SHUFFLE FORWARD

1-2 3&4 Rock back R, recover L, shuffle ½ turn left R-L-R (6:00)
5-6 7&8 Rock back L, recover R, shuffle forward L-R-L

(If dancing contra, you end facing the opposite line ready to start again)

TAG: Repeat the last 16 counts on the 3rd and 5th rotation