

Get On It

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Jessica Carlson (USA) - November 2016
音乐: Train - Drew Baldridge



Starts after 16 Counts (of music) with the Lyrics - Phrasing A (28ct), Tag, A,B,C,A (28ct), Tag, A,B,A,C,C,A,B,B

Part A: 32 counts

Section A1: Step R, Step Behind, and Heel and Cross, Make ¼ turn over R shoulder, Make ¼ turn over R shoulder, Run, Run, Run

- 1,2&3&4 Step RF to R (1), Step LF behind RF (2), Step RF to R (&), Touch LF to L (3), Step LF center (&), Cross RF over LF (4)
- 5,6,7&8 Make ¼ turn over R shoulder by stepping back on LF (5) (3:00), Make ½ turn over R shoulder by stepping forward on RF (6) (9:00), Step LF forward (7), Step RF forward (&), Step LF forward (8)

Section A2: Forward Rock, Coaster Step, Slide Step making ¼ turn to R, Hip Bumps

- 1&2,3&4 Scuff RF forward (1), Hook RF over L shin (&), Touch R toe forward (2), Twist R heel out (3), Twist R heel in (&), Put weight on RF (4)
- 5&6,7&8 Scuff LF forward (1), Hook LF over R shin (&), Touch L toe forward (2), Twist L heel out (3), Twist L heel in (&), Put weight on LF (4)

Section A3: Scuff, Hook, Twisting Toe Dig (x2)

- 1&2,3&4 Scuff RF forward (1), Hook RF over L Leg (&), Touch R Toe forward (2), Twist R Heel Out (3), Twist R Heel In (&), Step down on RF (4)
- 5&6,7&8 Scuff LF forward (5), Hook LF over R Leg (&), Touch L Toe forward (2), Twist L Heel Out (3), Twist L Heel In (&), Step down on LF (4)

Section A4: Step R, Touch LF, Step L, Touch RF, Step R, together, Step R, Touch, Hop L (x4), Make ¼ turn L while shuffling F

- 1&2&3&4& Step RF to R (1), Touch LF next to RF (&), Step LF to L (2), Touch RF next to LF (&), Step RF to R (3), Step LF next to RF (&), Step RF to R (4) Step LF next to R (&) **Tag here the 1st and 3rd time you do A**
- 5&6,7&8 Hop to the L (5), Hop to the L (&), Hop to the L (6) [make sure weight is on the RF], Make ¼ turn over L shoulder while stepping forward on LF (7), step RF next to LF (&), Step LF forward (8)

Tag: Hop to the L on full counts (1,2,3,4), Make ¾ turn over L shoulder by walking LF, RF, LF (5,6,7) Touch RF next to LF (8) (12:00)

Part B: 16 counts

Section B1: R Heel Grind, Pony back, L Heel Grind making ¼ turn to L, Pony back

- 1,2,3&4 Step R Heel forward (1), Twist R toes from L to R (2), Step RF back (3), Step on LF toes next to RF (&), Step RF back (4)
- 5,6,7&8 Step L Heel forward (5), Twist L toes from R to L making ¼ turn over L Shoulder (6) (9:00), Step LF back (7), Step on RF toes next to LF (&), Step LF back (4)

Section B2: R Heel Grind with ½ turn, Pony back, Shimmy

- 1,2,3&4 Step R Heel forward (1), Twist R toes from L to R making ½ turn over R Shoulder (2) (3:00), Step RF back (3), step LF toes next to RF (&), Step RF back (4)
- 5&6&7&8 Step LF next to RF (5), Shimmy L Shoulder down (&), Up (6), Down (&), Up (7), Center weight and stand up straight (&) put weight on LF (8)

Part C: 16 counts

Section C1: Vine Right, Touch, Vine Left with ¼ turn L, Touch

1,2,3,4 Step RF to R (1), Step LF behind RF (2), Step RF to R (3) Touch LF next to RF (4)
5,6,7,8 Step LF to L (5), Step RF behind LF (6), Make ¼ over L shoulder while stepping forward on
LF (7), Touch RF next to LF (8)

Section C2: RF Press-Return, LF Press-Return and Cross Unwind

1,2&3,4 RF Press Forward (1), Recover weight onto LF (2), Step RF next to LF (&) LF Press Forward
(3), Recover weight onto RF (4)
&5,6,7,8 Step LF next to RF (&), Cross RF over LF (5) Unwind making full turn (6,7,8)

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