

Get Up – Right Now

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: High Improver
编舞者: Kerri Lessard (USA) - June 2018
音乐: Do It Like This - Daphne Willis



Intro: 16 counts

[1-8] HIP ROLL- TAP, HIP ROLL- TAP, R SAILOR STEP, CROSSING TRIPLE

- 1 Step down on R foot and roll hips back counter-clockwise
- 2 Throw L hip out and tap L toe (towards left diagonal, 10:30)
- 3 Transfer weight from R to L foot and roll hips back clockwise
- 4 Throw R hip out and tap R toe (towards right diagonal, 1:30)
- 5&6 Step R behind L, Step L to L side, Step R to R side
- 7&8 Cross L over R, Step ball of R to R side, Cross L over R

[9-16] SLIDE RIGHT, BUMP & BUMP, KICK-BALL-CROSS, ROCK & CROSS

- 1-2 Take a big step right with R foot (angle body to 10:30 for next 4 counts)
- &3&4 Keep weight on R foot & bump hips L-R-L-R while shrugging shoulders to match
- 5&6 Kick L foot forward, Step down on ball of L, Cross R over L
- 7&8 Rock L out to L side, Recover to R, Cross L over R (square up to 12:00 wall)

[17-24] ¼ TURN- TOUCH, L COASTER STEP, CROSS-BACK, CHASSE RIGHT

- 1-2 Step R forward ¼ turn R (3:00), Touch L toe next to R foot
- 3&4 Step L back, Step R next to L, Step L forward
- 5-6 Cross R over L, Step L back ¼ turn R (6:00)
- 7&8 Step R to R side, Step L next to R, Step R to R side

[25-32] CROSS- POINT- CROSS, BALL-STEP, CROSS- BACK, SLIDE- TOUCH

- 1-2-3 Step L fwd and cross over R, Point R toe to R side, Cross R over L
- a4 Rock ball of L to L side, Recover to R
- 5-6 Cross L over R, Step R back
- 7-8 Take big step L with L foot, Slide R foot in to meet L

**RESTART 1 (facing 12:00) On 3rd rotation first 16 counts will be instrumental.
Restart here after she sings "Here we go, come on"**

**RESTART 2 (facing 6:00) On 7th rotation dance first 14 counts.
After the kick-ball-cross you will hear the long guitar strum sound.
Take a big step to the left with left foot when you hear this and then restart dance.**

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