

Better Get Moving

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Get Ready - Rayelle



(1 – 8) HITCH BALL STEP, FULL TURN, MAMBO OUT OUT, HEAD, STOMP 2X, STEP OUT

- 1&2 Hitch RF, Ball RF together with LF, Step LF forward
- 3& Turn $\frac{1}{2}$ L stepping RF back, Turn $\frac{1}{2}$ L stepping LF forward
- 4&5 Mambo RF forward, Recover stepping LF out, Step RF out
- 6 Turn head to look to the R
- 7& Stomp LF together with RF, Stomp LF together with RF
- 8 Step LF to the L

(9 – 16&) BALL STEP $\frac{1}{4}$, STEP $\frac{1}{2}$ TURN, BALL CROSS $\frac{1}{4}$ WITH SNAPS, STEP $\frac{1}{4}$, STEP $\frac{1}{2}$ TURN, MAMBOSTEP, WEAVE $\frac{1}{2}$ TURN

- &1 Cross RF behind LF on ball, Step LF forward making $\frac{1}{4}$ turn L
- 2 – 3 Step RF forward, Turn $\frac{1}{2}$ L finish with weight on LF
- &4 Step RF to R turning $\frac{1}{4}$ L, Cross LF over RF turning body to L snapping both hands
- 5&6 Step RF forward turning $\frac{1}{4}$ R, Step LF forward, Turn $\frac{1}{2}$ R finishing weight on RF
- 7& Mambo LF forward, Recover
- 8& Step LF back, Turn $\frac{1}{2}$ R stepping RF forward

(17 – 24) STEP FORWARD, CLAP, HITCH SLAP, TOUCH WITH SNAP, PONY STEP, BALL SWEEP + ARM MOVEMENTS, WEAVE, RUN 3X IN CURVE $\frac{3}{4}$

- 1& Step LF forward, Clap hands together
- 2& Hitch LF slapping both hands on leg, Touch LF next to RF snapping both hands up
- 3& Step LF back making a hitch with RF (pony step), Pushing both hands up, Recover on RF
- 4 Step LF slightly back sweeping RF from front to back
- 5&6 Cross RF behind LF, Step LF to L, Cross RF over LF
- 7&8 Start a $\frac{3}{4}$ turn curve stepping LF forward, continue curve stepping RF forward, finish curve stepping LF forward

(25 – 32) HITCH, STEP OUT WITH HIP DIP, TOUCH, TRIPLE STEP, HEEL GRIND, STEP DIAGONAL, CROSS, BACK $\frac{1}{4}$ TURN, STEP OUT WITH DRAG

- &1 – 2 Hitch RF, Step RF to R dipping hips to R, Touch LF to L
- 3&4 Step LF to L, Step RF together with LF, Step LF to L
- 5&6 Dig heel of RF crossed over LF, Recover, Step RF in back diagonal turning $\frac{1}{8}$ to R
- 7& Cross LF over RF, Step RF back turning $\frac{1}{8}$ L
- 8 Turn $\frac{1}{4}$ L stepping LF to L and dragging RF towards LF