

The Git Up

COPPERKNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Laura Rittenhouse (AUS) - October 2021
音乐: The Git Up - Blanco Brown



Start after 32 beats - Lead with your left foot on this dance

S1: SIDE STEPS LEFT; ROLLING VINE RIGHT

1,2,3,4 Step L to L, Step R beside L, Step L to L, Touch R beside L
5,6,7,8 Turn ¼ R stepping R to R (3:00), Turn ¼ R stepping L fwd (6:00); Turn ½ R stepping R to R (12:00), Touch L beside R

S2: DOUBLE SIDESTEP UP AT L THEN R DIAGONAL; DOUBLE SIDESTEP DOWN AT L THEN R DIAGONAL

1&2,3&4 Step L to L fwd diagonal, Step R beside L, Step L to L fwd diagonal; Step R to R fwd diagonal, Step L beside R, Step R to R fwd diagonal
5&6,7&8 Step L to L back diagonal, Step R beside L, Step L to L back diagonal; Step R to R back diagonal, Step L beside R, Step R to R back diagonal

S3: ROCK BACK, TAP HEEL, ROCK FWD, TAP TOE; REPEAT

1,2,3,4 Rock back on L foot, Tap R heel in place, Rock fwd on R foot, Tap L toe in place
5,6,7,8 Rock back on L foot, Tap R heel in place, Rock fwd on R foot, Tap L toe in place

S4: STEP DRAG L & R; TURN ½ R WITH 2 PADDLES

1,2,3,4 Step L to L, Drag R beside L, Step R to R, Drag L beside R
5,6,7,8 Paddle ¼ R with L foot (3:00), Hold, Paddle ¼ R with L foot (6:00), Hold

NOTE: This dance matches the song lyrics fairly well, but not perfectly. You can help it by doing some of the movements as they are sung or just dance it straight - whatever is most fun for you!