

Get Your Dance On

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Game On - C.J. Ryan



SAILOR FORWARD, HIP BUMPS, HIP ROLL

- 1,2&3 Step R to R diagonal opening body to L (1) Step L behind R(2) Step R slightly fwd to R diagonal straightening out to 12 o'clock(&) Step L fwd as you push L hips L(3)
4 Step R to R as push hip to R(4) Feet will be about shoulder width apart
5,6 Bump/Push hips L, weight to L(5) Bump/Push hips R, weight to R(6)
7,8 Roll hips back and counter clockwise over ending with weight on L (7,8)

Styling Option: add shoulder pop as you do the hip roll, R shoulder up (&) Drop R shoulder raising L shoulder up (8) Drop L shoulder raising R shoulder (&) Drop R shoulder raising L shoulder up (1)

JAZZ BOX, ½ TURN, SYNCOPATED ROCKS

- 1,2 Cross R over L(1) Step L back (2)
3,4 Step R to R(3) Step L fwd(4)
5,6 Step R fwd(5) Turn ½ turn L shifting weight to L(6) (6 o'clock)
7&8& Rock fwd on R(7) Recover back on L(&) Rock side on R(8) Recover center on L(&)

CROSS BACK POINT X2, ROCK RECOVER, KICK BALL STEP FORWARD

- 1,2 Step R behind L(1) Point L toes to L(2)
3,4 Step L behind R(3) Point R toes to R(4)
5,6 Rock back on R(5) Recover fwd on L(6)
7&8 Kick R fwd(7) Step down on ball of R(&) Big Step fwd L(8)

ROCK RECOVER ¼, SIDE, CROSS, OUT, OUT, TAP, SHOULDER SHRUG

- 1,2 Rock R fwd(1) Recover Back on L(2)
3,4 Turn ¼ R stepping R to R(3) Cross L over R(4) (9 o'clock)
5,6 Step R to R diagonal as you push R hips fwd(5) Step L to L Diagonal as you push hips to L(6) Feet will be slightly wider than shoulder width apart.
7,8& Tap R toes slightly behind L slightly bending L leg as you bring both hand down to the left diagonal, snap(7) Shrug R shoulder up as you drop L shoulder down(8) Shrug L shoulder up as you drop R shoulder down(&)

Alternative Option: V STEP & CLAPS

Step R to center(7) Step L to center(8)

Palms facing in, brush/clap L down as R hand comes up(&) brush/clap R hand down as L comes up(8) hands are passing each other as if to say "all done" If it's more comfortable for you to start with the right and up, do it!

Styling Note: Styling for count (7) both hands come down to the L diagonal, the right will cross in front of our body, you can add a look to the left diagonal on count (7)

ENDING: Wall #13 you will be facing 12 o'clock. Dance the 1st 12 counts of the dance (Finish the Jazz Box - 2nd 8 count) and add on the last 4 counts of the dance

NO TAG/RESTARTS - Just Get Your Dance On and ENJOY!!

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