

Get Moving (CBA4LDF)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Easy Intermediate
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音乐: Get Moving - Paper Kings



Intro: 8 Counts. Start at approx 4 secs

Sequence: A, A, B, B, Tag, A, A, B, B, A, B, B (Ending)

Part A: 32c

SEC 1: WALK WALK, ¼ SIDE, CROSS, ¼ STEP, STEP, PIVOT ½, BACK-LOCK-STEP ½ TURN

1-2 RF step forward, LF step forward
&3-4 RF step to the R side with ¼ turn to the L, LF cross over RF, RF step forward with ¼ turn to the R (12:00)
5-6 LF step forward, pivot with ½ turn to the R (6:00)
7&8 LF step to the L side with ¼ turn to the R, RF cross over LF, LF step back with ¼ turn to the R (12:00)

SEC 2: STOMP ¼ TURN, SIDE STOMP, RECOVER, BEHIND-SIDE-CROSS HEEL FWD X2, BEHIND-SIDE-STEP

&1-2 RF stomp next to LF with ¼ turn to the R, RF stomp to the R side, recover on LF (3:00)
3&4 RF cross behind LF, LF step to the L side, RF cross over LF
5-6 LF tap heel forward, LF tap heel forward
7&8 LF cross behind RF, RF step to the side, LF step forward

SEC 3: STEP, HEEL SWIVEL, RECOVER, HOOK, STEP-LOCK-STEP STEP, HEEL SWIVEL, RECOVER, HOOK, STEP-LOCK-STEP

1&2& RF step forward, twist LF heel next to RF, LF step to the centre, RF hook
3&4 RF step forward, LF cross behind RF, RF step forward
5&6& LF step forward, twist RF heel next to LF, RF step to the centre, LF hook
7&8 LF step forward, RF cross behind LF, LF step forward

SEC 4: STEP, MAMBO SWEEP, BACK SWEEP, SAILOR ¼ TURN, STEP, PIVOT ½ TURN

1-2& RF step forward, LF rock forward, recover on RF
3-4 LF step back with a R sweep back, RF step back with a L sweep back
5&6 LF cross behind RF with ¼ turn to the L, RF step to the R side, LF step slightly forward (12:00)
7-8 RF step forward, pivot ½ turn to the L (6:00)

Part B: 32c

SEC 1: STEP SWEEP, CROSS, MAMBO CROSS, SIDE ROCK, ¼ WEAVE

1-2 RF step forward with a L sweep forward, LF cross over RF
3&4 RF side rock to the R side, recover on LF, RF cross over LF
5-6 LF side rock to the L side, recover on RF
7&8 LF cross behind RF, RF step forward with ¼ turn to the R, LF step forward (3:00)

SEC 2: CHARLESTON STEP, STEP, PIVOT ½ TURN, STEP, PIVOT ¼ TURN

1-2 RF step forward, LF kick forward
3-4 LF step back, RF touch back
5-6 RF step forward, pivot with ½ turn to the L (9:00)
7-8 RF step forward, pivot with ¼ turn to the L (6:00)

SEC 3: BALL, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, SAILOR ¼ TURN

&1-2 RF step next to LF, LF side rock to the L, recover on RF
3&4 LF cross over RF, RF step to the R side, LF cross over RF
5-6 RF side rock, recover on LF
7&8 RF cross behind LF with $\frac{1}{4}$ turn to the R, LF step to the side, RF step slightly forward (9:00)

SEC 4: CROSS, BACK $\frac{1}{4}$ TURN, SIDE CHASSE, ROCK, OUT OUT, TOUCH

1-2 LF cross over RF, RF step back with $\frac{1}{4}$ turn to the L (6:00)
3&4 LF step to the L side, RF step next to LF, LF step to the L side
5-6 RF rock forward, recover on LF
&7-8 RF step back out, LF step back out, RF touch next to LF

Tag: 8c

ROCKING CHAIR, STEP, PIVOT $\frac{1}{2}$ TURN, STEP, PIVOT $\frac{1}{2}$ TURN

1-2 RF rock forward, recover on LF
3-4 RF back rock, recover on LF
5-6 RF step fwd, pivot $\frac{1}{2}$ turn to the L
7-8 RF step fwd, pivot $\frac{1}{2}$ turn to the L

Ending Change the last section of Final Part B to the following

CROSS, BACK $\frac{1}{4}$ TURN, SIDE CHASSE, STEP, PIVOT $\frac{1}{2}$ TURN, OUT OUT, TOUCH

1-2 LF cross over RF, RF step back with $\frac{1}{4}$ turn to the L
3&4 LF step to the L side, RF step next to LF, LF step to the L side
5-6 RF step forward, pivot $\frac{1}{2}$ turn to the L
&7-8 RF step out, LF step out, RF touch next to LF
