

Get (Cha) Out

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alan "Renegade" Livett (UK)
音乐: Get Out - Felon



CUBAN PRESS, TOUCH-BALL-PRESS, STEP TURN, OUT-OUT-CENTER, CROSS

- 1-2&3 Step forward on left foot (upper body is extended over left foot, right hip pushed back), touch right next to left, step back in place with right, step left forward into Cuban press (upper body is extended over left foot, right hip pushed back)
- 4-5 Step right foot forward, pivot $\frac{1}{2}$ turn to left (weight stays on right)
- 6-7 Step left to left side, step right to right side
- &8 Step left to center and slightly back, step right across and in front of left

TURN, ROCK, RECOVER, RIGHT SHUFFLE, STEP-SPIRAL, MAMBO STEP

- 1 Turn $\frac{1}{4}$ to right on right foot, stepping back with left
- 2-3 Rock back on right, recover forward onto left
- 4&5 Step forward right, lock left behind right in 3rd position, step forward right
- 6-7 Step left forward, spiral a full turn to the right (weight stays on left)
- 8&1 Rock forward on right, recover onto left, step right back

Easy option for spiral. Step left forward (6), hold (7)

REVERSE $\frac{1}{4}$ TURN, BEHIND-SIDE-CROSS, $\frac{3}{4}$ MONTEREY TURN, POINT

- 2-3 Touch left toe back, turn $\frac{1}{4}$ turn to left (to the left) keeping weight on right leg
- 4&5 Step left foot behind right, step right foot to right side, step left across and in front of right
- 6-7 Point right to right side, turn $\frac{3}{4}$ turn to the right changing weight onto right
- 8 Point left to left side

CROSS, POINT, STEP, KICK AND TAP AND KICK AND KICK AND TAP

- 1-2 Step left across and in front of right, point right to right side
- 3-4& Step right forward, kick left forward, step left across and in front of right
- 5&6 Tap right behind left, step right in place, kick left forward
- &7&8 Step left next to right, kick right forward, step right across and in front of left, tap left behind right

REPEAT