

Get The Party Started

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 3
編舞者: Alan "Renegade" Livett (UK)
音樂: Get the Party Started - P!nk



Sequence: ABCC, ABCC, A, ABCC, CC, A, Ending

Start after Pink first sing the "I'm coming out" chorus twice. This is 32 counts from when she starts singing the chorus

SECTION A

BRUSH, CROSS, REVERSE SCISSOR STEP, ¼, ½, COASTER STEP

- 1-2 Brush right foot forward, step right foot across and in front of left
- 3&4 Step left foot to left side, step right next to left foot, step left behind right
- 5 Turn ¼ to right and step forward with right
- 6 Pivot ½ turn to the right on right, stepping back with left foot
- 7&8 Step back with right foot, step together with left, step right foot forward (9:00)

STEP, LOCK, STEP-LOCK-STEP, STEP ¼ TURN, BEHIND-SIDE-CROSS

- 1-2 Step left forward, lock right behind left
- 3&4 Step left forward, lock right behind left, step left forward
- 5-6 Step right foot forward, turn ¼ to left
- 7&8 Step right foot behind left, step left foot to left side, step right foot across and in front of left (6:00)

½ MONTEREY TURN, SIDE AND CROSS, CROSS ¼ TURN, COASTER STEP

- 1-2 Point left toe to left side, turn ½ turn to the left on ball of right foot bringing left to right (Do not transfer weight onto left)
- 3&4 Rock left forward and out to left side, recover onto right stepping forward slightly, step left across and in front of right
- 5-6 Step right across and in front of left, step left back, turning ¼ turn to right
- 7&8 Step right foot back small step, step left beside right, step right foot forward (3:00)

STEP, DRAG. BALL STEP, STEP ½ PIVOT, PENCIL TURN ½

- 1-2-3 Step left a long step forward, step right foot back dragging left for two counts
- &4 Step ball of left beside right, step right forward
- 5-6 Step left forward, pivot ½ turn to the right to right
- 7-8 Continue to pivot another ½ turn to the right on ball of right foot, bringing left foot to right (3:00)

Weight will be on right at the end of all A sections except when A is followed by A

SECTION B

POINT-CROSS, POINT-CROSS, POINT-TOGETHER, TURNING COASTER

- 1-2 Point left to left side (bumping hip out to side with attitude), step left across and in front of right
- 3-4 Point right to right side (bumping hip out to side with attitude), step right across and in front of left
- 5-6 Point left to left side, touch left next to right
- 7&8 Sweep left out to left side and behind right, turning ¼ turn to the left, step right next to left, step left forward (12:00)

POINT-CROSS, POINT-CROSS, STEP, BODY ROLL

- 1-2 Point right to right side (bumping hip out to side with attitude), step right across and in front of left

- 3-4 Point left to left side (bumping hip out to side with attitude), step left across and in front of right
- 5 Step right next to left
- 6-7-8 Body roll forward from the chest dropping back down into a seated position over 3 counts (12:00)

If not happy with body rolls, bump hips left, right, left

SECTION C

STEP RIGHT, LEFT, RIGHT & RIGHT, STEP LEFT, RIGHT, TURNING COASTER

Counts 1-6 should lead with the hip with attitude and should not travel too far forward

- 1-2 Step right slightly forward and out to right side bumping hip, step left slightly forward and out to left side bumping hip
- 3&4 Step right slightly forward and out to right side bumping hip right, left, right
- 5-6 Step left slightly forward and out to left side bumping hip, step right forward and out to right side bumping hip

Keep weight on left foot

- 7&8 Sweep right out to right side and behind left turning $\frac{1}{4}$ to the right to right, step left next to right, step right forward (3:00)

STEP-TURN-STEP, STEP $\frac{1}{2}$ TURN, $\frac{1}{4}$ TURNING COASTER, TOUCH BALL STEP

- 1&2 Step left foot forward, step right next to left turning $\frac{1}{2}$ turn to the left to left, step left forward
 - 3-4 Step right forward, turn $\frac{1}{2}$ turn to the left to left keeping weight on right foot
- The option on this step turn is a syncopated heel drop pivot turn as in "Monkey Around"**
- 5&6 Sweep left out to left turning $\frac{1}{4}$ turn to the left and stepping behind right, step right next to left, step left forward
 - 7&8 Touch right toe next to left, step ball of right slightly back of left, step left in place (12:00)

ENDING

You will start facing the back wall and the two pivot turns will bring you back to the front for the finish. First 8 counts are the same as Section A

BRUSH, CROSS, REVERSE SCISSOR STEP, $\frac{1}{4}$, $\frac{1}{2}$, COASTER STEP

- 1-2 Brush right foot forward, step right foot across and in front of left
- 3&4 Step left foot to left side, step right next to left foot, step left behind right
- 5 Turn $\frac{1}{4}$ to right and step forward with right
- 6 Pivot $\frac{1}{2}$ turn to the right on right, stepping back with left foot
- 7&8 Step back with right foot, step together with left, step right foot forward

For the next 4 counts, the rhythm is harder to hear before the last distinct 5 counts, hence two easy pivot turns

$\frac{1}{2}$ PIVOT, $\frac{1}{4}$ PIVOT, TOUCH-BALL-STEP, TOUCH, OUT, OUT, IN, IN, OUT (LUNGE)

- 1-4 Step left forward, pivot $\frac{1}{2}$ turn to the right to right, step left forward, pivot $\frac{1}{4}$ turn to the right to right (weight remains on left foot)
- 5&6 Touch right next to left, step ball of right slightly back, step left in place
- &7&8 Touch right next to left, step right out to right side, step left out to left side, step right back to center

- &1 Step left next to right, step right out to right side transferring weight on to it in a lunge

On this last count, to hit the last beat the elbows are thrust out to the sides. The fingers of the left hand are open and "splayed" at throat height and the right hand is a clenched fist just above eye level.
