

Get Down

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Minna Liljamo (FIN)
音樂: Get Down - Backstreet Boys



MODIFIED GRAPEVINE, MAMBO STEP, TOE BACK, ½ TURN

1-2 Step right side, step left behind
3&4 Shuffle to right side right-left-right
5&6 Step left forward, step right in place, step left back
7-8 Touch right toe back, step right heel down turning ½ right

ROCK STEP, BEHIND-SIDE-CROSS, ROCK STEP, BEHIND TURN STEP

1-2 Rock left side, step right in place
3&4 Step left behind right, step right side, step left across right
5-6 Rock right side, step left in place
7&8 Step right behind left, step left side turning ¼ left, step right forward

KICK-STEP-STEP, HEEL BOUNCES WITH ¼ TURN, TOE SIDE TOUCHES, HITCH

1&2 Kick left forward, step left forward, step right forward
3&4 Bounce both heels off floor three times, gradually turning ¼ left (weight ending on right)
5& Touch left toe left side, step left beside right
6& Touch right toe right side, step right beside left
7&8 Touch left toe left side, hitch left knee beside right, touch left toe left side

KNEE ROLL WITH ¼ TURN TOE TAP, SHUFFLE FORWARD, ½ PIVOT, FULL TURN STEPS

1-2 Roll left knee left turning ¼ left, tap left toe in place (weight ending on right)
3&4 Shuffle forward left-right-left
5-6 Step right forward, pivot ½ turn left
7-8 Step right forward turning ½ left, step left back turning ½ left

Optionally just walk forward right-left

REPEAT
