

Get Down With Attitude

COPPER KNOB
STEPSHEETS

拍數: 72 牆數: 1 級數: Intermediate/Advanced
編舞者: Zandra Varnham (SCO)
音樂: Get Down - Backstreet Boys



STEP BEND, STEP BEND, TURNING HITCH POINTS, HITCH TWICE

- 1 Step right foot forward while hands on thighs, bend both legs
- & Straighten up (weight on right)
- 2 Step left foot forward while hands on thighs, bend both legs
- & Straighten up (weight on left)
- 3 Turn ¼ turn while stepping toe out to right side
- & Hitch right while ¼ turning to the left and finish by pointing your right toe out to right side
- 4 Hitch right while ¼ turning to the left and finish by pointing your right toe out to right side (weight on left)
- & Hitch right knee
- 5 Step right foot forward while hands on thighs, bend both legs
- & Straighten up (weight on right)
- 6 Step left foot forward while hands on thighs, bend both legs
- & Straighten up
- 7 Turn ¼ turn while stepping toe out to right side
- & Hitch right while ¼ turning to the left and finish by pointing right toe out to right side
- 8 Hitch right while ¼ turning to the left and finish by pointing right toe to right side
- & Hitch right knee

CROSS STEP, POINT, CROSS STEP, POINT, POINTS, STEP AND SLIDE

- 1 Cross step right over left
- 2 Point left toe to left side while splaying arms out
- 3 Cross step left over right
- 4 Point right foot out to right side while splaying arms out
- 5 Point right across left
- 6 Point right to right side
- 7 Point right across left
- 8 Large step to the right while sliding the left to meet

WALK, WALK FORWARD COASTER, WALK, WALK, BACK COASTER

- 1 Walk forward left
- 2 Walk forward right
- 3 Step left foot forward
- & Bring right foot next to left
- 4 Step left foot back
- 5 Walk back right
- 6 Walk back left
- 7 Step back right
- & Bring left foot next to right
- 8 Step right foot forward

ROCK ¾ TURN, RIGHT CHASSE, ROCKS,

- 1 Rock forward on left foot
- 2 Rock back on right
- 3&4 Triple turn over left shoulder stepping left, right left
- 5 Step right to right side

- & Bring left next to right
- 6 Step right to right side
- 7 Rock forward on left
- 8 Rock back on right

LEFT CHASSE, WALK, WALK, SHUFFLE, ½ TURN

- 1 Step left foot to left side
- & Step right foot next to left
- 2 Step left foot to left side
- 3 Walk back right
- 4 Walk back left
- 5&6 Back right shuffle
- 7 Step left foot back
- 8 Pivot turn ½ left (weight on left foot)

STEP, ½ TURN, TRIPLE ½ TURN, CROSS POINT, STEP POINT

- 1 Step forward on right foot
- 2 Half pivot left keeping feet in place
- 3&4 Triple ½ turn left stepping right, left, right
- 5 Step back left
- 6 Point right foot to right side
- 7 Cross step right foot in front of left
- 8 Point left toe to left side

HEEL SWITCH, WALK, WALK, ROCKS, 1 ½ TURN

- & Bring left foot in next to right
- 1 Point right toe to right side
- & Bring right foot in next to left
- 2 Step forward left
- 3 Walk right foot forward
- 4 Walk left forward
- 5 Rock forward on right
- 6 Rock back on left
- 7&8 Turn 1 ½ over right shoulder stepping right, left, right

ROCK, ROCK, COASTER, ROCK, ROCK, COASTER

- 1 Rock forward left
- 2 Rock back right
- 3&4 Back left coaster step
- 5 Rock forward right
- 6 Rock back left
- 7&8 Back right coaster step

ROCK, ROCK ¾ TURN, HIP BUMPS, HITCH

- 1 Rock forward left
- 2 Rock back right
- 3&4 Turn ¾ over left shoulder
- 5 Bump hips right
- 6 Bump hips left
- 7 Bump hips right
- 8 Bump hips left while hitching right knee

REPEAT

