

And . Get It On

Count: 32

Wand: 0

Ebene:

Choreograf/in: Barbara R. K. Wallace (CAN) - June 2015

Musik: Marvin Gaye (feat. Meghan Trainor) - Charlie Puth



Intro: 32 counts

S1: STEP SIDE CLOSE, SHUFFLE FORWARD, ROCK FORWARD RECOVER, TOGETHER ROCK BACK RECOVER

- 1,2 Step side right, step together on left
3&4 Shuffle forward right, left, right
5,6 Rock forward left, recover right
&7,8 Step together on left, rock back right, recover left

S2: STEP SWEEP, LEFT CROSS SAMBA, 1/4 RIGHT JAZZ BOX STEPPING ACROSS

- 1,2 Step forward right, sweep left back to front
3&4 Cross left over right, step side right, step together on left
5-8 Cross right over left, step back on left, ¼ right stepping side right, cross left over

S3: ROCK SIDE RIGHT, RECOVER, WEAVE BEHIND SIDE CROSS , ROCK SIDE LEFT, RECOVER, LEFT TOE BACK, UNWIND ½ LEFT

- 1,2 Rock side right, recover left
3&4 Step right behind, step side left, cross right over left
5,6 Rock side left, recover right
7,8 Touch left toe behind right heel and unwind ½ turn left (weight on left)

S4: HEELS SWITCHES RIGHT AND LEFT, STEP TOGETHER LEFT , STEP FORWARD RIGHT, POINT LEFT TOE TO SIDE, CROSS LEFT BEHIND, STEP SIDE RIGHT, CROSS LEFT OVER, STEP SIDE RIGHT, CROSS LEFT BEHIND RIGHT, STEP SIDE RIGHT, CROSS LEFT OVER RIGHT (SYNCOPATED WEAVE)

- 1&2 Touch right heel forward, step right beside left, touch left heel forward
&3,4 Step together on left, step forward right, point left toe to left side
5&6&7&8 Cross left behind right, step side right, cross left over right, step side right, cross left behind right, step side right, cross left over right

*Easier Version for last 4 counts:

- 5-8 Cross left behind right, step side right, cross left over right, hold

Repeat and Enjoy

Contact: barbararkwallace@gmail.com