

Count: 32 Wand: 0 Ebene:

Choreograf/in: Rick Bates (USA) & Deborah Bates (USA)

Musik: If Ya Gettin' Down - Five



STEP, TOGETHER, OUT-OUT, IN-IN, STEP, TOGETHER, OUT-OUT, IN-IN

1-2	Step forward of	on right foot: step	left foot next to right

&3 Step slightly to the right on right foot, stretching right arm to the right; step slightly to the left

on left foot about shoulder width apart from right, stretching left arm to the left

&4 Step right foot to home, bringing right arm back in front of chest; step left foot next to right,

bringing left arm back in front of chest

5-6 Step forward on right foot; step left foot next to right

&7 Step slightly to the right on right foot, stretching right arm to the right; step slightly to the left

on left foot about shoulder width apart from right, stretching left arm to the left

&8 Step right foot to home, bringing right arm back in front of chest; step left foot next to right,

bringing left arm back in front of chest

SIDE STEP, BEHIND, PIVOT, FORWARD SHUFFLE, TO THE RIGHT MILITARY PIVOT, FORWARD SHUFFLE

9-10 Lower arms and step to the right on right foot; cross left foot behind right and step

& Pivot ¼ turn to the right on ball of left foot

11&12 Shuffle forward (right, left, right)

13-14 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right

foot

15&16 Shuffle forward (left, right, left)

1 1/4 TO THE RIGHT ROLLING TURN, TOGETHER

17-18 Step to the right on right foot and begin a 1 ½ to the right rolling turn traveling to the right;

step on left foot and continue 1 1/4 to the right rolling turn

19-20 Step on right foot and complete 1 ¼ to the right rolling turn; step left foot next to right

SYNCOPATED HEEL/TOE TOUCHES

21 Touch right heel forward

Step right foot next to left; touch left heel forward
Step left foot next to right; touch right toe to the right
Step right foot next to left; touch left toe to the left

BODY TWIST

25-26 Keeping left toe pointed to the left, bend knees and dip right shoulder as you twist body a 1/4

turn to the left; bring right shoulder up and straighten knees

27-28 Bend knees and dip right shoulder as you twist body a ¼ turn to the right; bring right shoulder

up and straighten knees, keeping left toe pointed to the left

FULL ROLLING TURN TO THE LEFT, TRIPLE STEP

29-30 Step to the left on left foot and begin a full rolling turn to the left traveling to the left; step on

right foot and complete full rolling turn to the left

31&32 Triple step in place (left, right, left)

REPEAT