

Get A Grip

Count: 48

Wand: 2

Ebene: Improver

Choreograf/in: Kathy Brown (USA) & Nancy Morgan (USA)

Musik: She's Sexy & 17 - The Stray Cats



SIDE TOGETHER, SIDE TOGETHER, RIGHT VINE, STEP LEFT

- 1-2 Point right to side, touch right next to left
- 3-4 Point right to side, touch right next to left
- 5-6 Step right to side, step left behind right
- 7-8 Step right to side, step left to left side

ROCK RETURN, STEP HOLD, ROCK RETURN STEP HOLD

- 1-2 Rock right behind left, return left
- 3-4 Step right to side, hold
- 5-6 Step left behind right, return right
- 7-8 Step left slightly forward, hold

STEP HOLD, STEP HOLD, SHORTY GEORGE

- 1-2 Step right slightly forward, angling body diagonally right, hold
- 3-4 Step left slightly forward, angling body diagonally left, hold
- 5-6 Step right forward diagonally, step left forward diagonally
- 7-8 Step right forward diagonally, step left forward diagonally

KICK STEP BEHIND, STEP SIDE, STEP TOGETHER, KICK ¼ TURN, SLOW COASTER

- 1-2 Kick right diagonally right, step right behind left
- 3-4 Step left to side, step right next to left
- 5-6 Turning ¼ left, kick left forward, step back on left
- 7-8 Step right next to left, step left forward

STEP HOLD, PIVOT HOLD, KICK STEP, KICK STEP

- 1-2 Step forward on right, hold (snap fingers)
- 3-4 Pivot ½ left, hold (snap fingers)
- 5-6 Kick right forward, step right next to left
- 7-8 Kick left forward, step left next to right

TWIST LEFT, TWIST RIGHT ¼ TURN, SLOW COASTER, STEP

- 1-2 Twist heels, left, right
- 3-4 Twist heels left turning ¼ right, hold
- 5-6 Step back right, step left next to right
- 7-8 Step forward right, step forward left

REPEAT
